

# Good Housekeeping

Our annual  
**BEST** of the **BEST**  
ISSUE

## New season trend edit

- \* The looks you'll want to wear right now
- \* Hair taming solutions
- \* The best advice we've heard... ever!

## HEALTH UPDATES

- \* Good news about breast cancer
- \* Surprising new science behind weight loss

## BAKE OFF!

What Mary and Paul really think about each other



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**GH EXCLUSIVE**  
**Sue Perkins**  
On love, loss and the  
poignant reason she'll  
never have kids

COOL  
WAYS TO  
EARN BIG  
MONEY

## Autumn food special

11 classic dishes  
you asked for

- \* Best recipes from the new cookbooks – tested by us!
- \* Cakes, pies, tarts... You won't be able to resist

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BEST of the BEST

# Good Housekeeping

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## Tried & TESTED

Simply the best: 26 of the top scorers in recent GHI tests  
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Your hair,  
only better!  
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# OCTOBER 2015

READER RECOMMENDED AND GOOD HOUSEKEEPING INSTITUTE APPROVED LOGOS ARE REGISTERED TRADEMARKS OF HEARST MAGAZINES UK

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Styling Cheryl Konteh

Hair Petros Mairoudhiou

Make-up Ginni Bogado

Jacket Joseph

Shirt & Other Stories

Trousers Theory

Other items Sue's own

Portrait of Mary and Paul

Mark Bourdillon

## TRIED & TESTED

Your trust is important to us, which is why:

**Every recipe** is tested three times in the GHI kitchens.

**Every product test** bearing the GHI logo is carried out to the strict standards laid down by the Good Housekeeping Institute, our leading research centre.

**Recommendations** on our editorial pages are based on the impartial advice of our editors and expert contributors.

**All health articles** are checked for accuracy by the Good Housekeeping Health Watch team of health professionals.

**All prices** are correct at time of going to press.

## GET IN TOUCH WITH US!

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at [goodh.mail@hearst.co.uk](mailto:goodh.mail@hearst.co.uk)

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# Welcome

Good Housekeeping's Editor, Lindsay, on what she's loving right now...



## Simply the best!

Every so often, we find we've gathered so much brilliant and useful information that we need to compile a very special issue: our Best of the Best. That's the best recipes ever, the best gadgets to pass through our tough tests at the Good Housekeeping Institute, the best health and beauty tips, and the best fashion trends of the new season. This time around, we've also put together a compilation of the best snippets of advice to have graced the pages of GH. And as we've been around since 1922, it makes fascinating reading!

This year's Best Of... issue is particularly fitting, because recently Good Housekeeping was named Best Consumer Media Brand at the prestigious Professional Publishers Association industry awards, while I (excuse my blushes) was voted Editor of the Year. Being recognised in such a competitive industry is a complete honour but, as I always say, GH is produced by a team – and that includes our loyal and exacting readers, who are never shy of telling us what they want from a magazine!

Lindsay Nicholson

Follow me on Twitter @LindsNich



GH's Publisher, Judith Secombe, and I receive an award from Lauren Laverne and James Povey of Polestar UK Print



The awards are a triumph for GH staff, contributors and readers

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### BEST of the BEST

Food, gadgets, fashion... and more!



LAUNCHED IN 1922, GH AND ITS TEAM HAVE WON CONSISTENT PRAISE FOR EXCELLENCE IN JOURNALISM, DESIGN AND CAMPAIGNING. AWARDS INCLUDE: 2015 PPA Editor of the Year; PPA Consumer Media Brand of the Year. 2014 Red Carpet Award. 2013 Best Lifestyle/Leisure News Site at the Online Media Awards; PPA New Consumer Journalist of the Year Award (highly commended) to Moya Sarner. 2012 Jasmine Soundbite Award; Red Carpet Award; Guild of Health Writers Award runner-up. 2011 ACE Gold Award for Circulation Excellence by a Major Magazine; Excellence in Oncology Reporting Award. 2010 FPA Rosemary Goodchild Award for Excellence in Sexual Health Journalism; Red Carpet Award. 2009 Jasmine Visual Award; Travel Press Award to David Wickers. 2007 BSME Mark Boxer Lifetime Achievement Award to Editor Lindsay Nicholson. 2006 PPA Consumer Magazine of the Year. 2005 Race in the Media Consumer Magazine Award. 2004 Gold Medal at the Hampton Court Palace Flower Show for the Ana's Ana's garden. 2003 Lifetime Achievement Award to Editor Lindsay Nicholson from The Work-Life Balance Trust. 2002 Eagle Award for Editorial Innovation. 2001 The GH Organic Handbook named best organic cookbook, The Gourmand World Cookbook Awards.



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# Worth sharing

WRITE, EMAIL, FACEBOOK OR TWEET US...

Q

## What are you most grateful for in your life?

When we're rushing through life, it's important to appreciate what we have. We asked you to share what makes you say thank you!

A

**MY RESCUE CAT, BOBBY.** We adopted him 18 months ago, and he is such a joy. He usually sleeps at the foot of our bed at night, and starts purring when we wake up.

*Margaret Plessy*

### ENJOYING GOOD HEALTH

When I hear about other people who have been ill or who are suffering, I realise that being well is central to everything, and that if you don't have health, everything else seems trivial.

*Judy Heigl*

**LISTENING TO MY MUM** when she told me not to pluck my eyebrows too much. My sister and many of my friends now have to mess around filling in the gaps. And besides, big brows are back!

*Jean Nichols*

### THAT I CAN STILL HEAR

**BIRDSONG** in the morning, the waves on the beach, and all my favourite songs. I lost my sight six years ago, and having spent a long time worrying about what I couldn't see, I finally learnt to focus on what I can still do. Now I never ignore beautiful music or the scent of someone's perfume.

*Karen Dawson*

**I AM GRATEFUL TO STILL HAVE BOTH MY PARENTS** and that they have seen my children grow up and become adults. The Sandwich Generation? Long may it last!

*Susan Neils*

### AFTER A BRUSH WITH CANCER

I don't take anything for granted. Seeing my first grandchild - now six months old - smiling reminds me how lucky I am to be here.

*Jane Hanks*

### MY HUSBAND IS THE MOST AMAZING COOK.

I appreciate that in my busy schedule I don't also have to think about dinner.

*Sonia Gilmore*

### STAR EMAIL

Reading 'I wore the same outfit every day for a month' (GH, September 2015) I recalled my trip to Kilimanjaro. For the whole three months I had three T-shirts, three sarong skirts and a pair of flip flops. It was a shock to return to an office job: suddenly I had to match heels, tights, dresses, suits, shirts - not to mention put on make-up again!

*Nina Kennedy*



Even being part of the Sandwich Generation has its upside!

Q Are you ready to embrace flats, or are you devoted to heels?

A I've had to switch to flats - some are comfortable and pretty.

*Amanda Lewis*

No, I will never give up my heels!

*Aisha Flint*

I've learnt the hard way that you pay for heels twice.

*Sherry Layton*

Heels are a life choice. I have bad knees but I'm still going to wear them!

*Gina Hinde*

I like a heel - but not ones that are so high they make you walk funny.

*Cindy Ragh*

I wore heels until my 50s. Now I can only wear low heels and not for long - they hurt my feet. My advice to young women is to enjoy heels while they can!

*Patricia Prete Krull* □

Delicious!

**TASTY!**

Dessert plate (comes with cup and saucer), £22.50 the set, Aliza Reger at Debenhams



**TIME TO UNWIND**

Inner Strength candle, £36, Aromatherapy Associates ([aromatherapyassociates.com](http://aromatherapyassociates.com))

# Treats for

*Indulge yourself and do others a good turn: pick up one of these pink treasures, all specially designed for Breast Cancer Awareness Month*

**BLOOMING LOVELY**

In the Pink Bouquet, £35, Marks & Spencer



**DRINK PINK**

Soda glasses, £1 each, Asda



**CLINIQUE**

**COLOUR WOW**

Clinique Pink with a Purpose Cheek Pop in Berry Pop, £17



**TRINKET TIDY**

Jewellery box, £24, Aliza Reger at Debenhams

# style



**TUNED IN**  
Special edition Roberts Radio for Breast Cancer Care, £129.95, John Lewis



**KITCHEN PINK**  
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**GENTLE TOUCH**

Microfibre towel, £9, The Pampered Chef (pamperedchef.co.uk)



**RACY LACY**  
Camisole, £35, 8-20, Rosie for Autograph at Marks & Spencer



**LUXE LINGERIE**  
Shorts, £19.50, 8-20, Rosie for Autograph at Marks & Spencer

**TAKE NOTE**  
Notebook, £12.95, Breast Cancer Care (shop.breastcancercare.org.uk)



**GRAB AND GO**  
Embroidered clutch, £28, Warehouse (warehouse.co.uk)



**SPECIAL BREW**  
Williamson Tea English Breakfast Caddy, £9.95, John Lewis



**SCENT ON THE MOVE**  
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**BAGS OF STYLE**

Canvas Pink Pony tote, £75, Ralph Lauren (ralphlauren.co.uk) □

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'I'm  
awkward  
shy,  
overemotional  
but

I have  
a lot of  
LOVE'



Sue's balancing act:  
'TV is a mask, and  
sometimes it's good  
to take that off'

*With The Great British Bake Off giving us another helping of Sue Perkins – along with Mel, Mary and Paul – the show has become a TV institution. And now Sue is going solo to reveal the woman behind the wisecracks...*



ur beloved GBBO simply wouldn't be the same without the saucy references to soggy bottoms and cheeky tarts. And the woman behind most of the innuendo on the BBC smash-hit show is Sue Perkins – possibly the only person on television who can make Mary Berry sound rude. But off screen, what do we really know about her? Not a lot, as she tends to do that old-fashioned thing of keeping her private life private. But that's about to change as Sue, 45, has written a memoir. Called Spectacles, it's about her childhood, coming out as a lesbian to her mother and her journey to co-presenting one of our most successful programmes.

At our Good Housekeeping cover shoot, she has the team in hysterics with her quick-fire jokes and observations. But behind the laughs, Sue is more serious and candid. In a rare and revealing interview, she tells it like it is – from what happens behind the scenes in Bake Off to the awful discovery that she has been living with a tumour...

**How would you describe this series of The Great British Bake Off?**

There's a quiet intensity, a lot of joy and an incredible sense of community. They're the best contestants we've ever had. Sometimes I think: it's just a baking show, why don't we all get over ourselves! And then

I think: it's a lovely snapshot of 12 random, wonderful people doing their best. And that's good enough for me!

**You and Mel seem to be up to your usual tricks with Paul Hollywood and Mary Berry!**

We always try to get Mary to say something awful. I will make jokes about plums, baps, tarts, soggy bottoms, rings and moist cracks. I'll do it for hours. It's really joyous if you get Mary to say it. It will usually be when someone is making a plum tart. At the beginning I'll say to her, 'Do you think the plums are chopped up? Are they too big?' And she will eventually end up saying



Let them eat cake...  
Paul, Sue, Mel and Mary  
line up for this  
season's Bake Off

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[CONTINUED FROM PREVIOUS PAGE] something like 'I can only get one plum into my mouth' and the whole place will erupt. My favourite thing is when Mary looks at me and says, 'You fool!' I love her. In this series, she pinched me hard and said, 'You are an idiot.' I reply, 'Yes Mary. I am. Deal with it.'

#### Why did you decide to write a memoir?

I've always wanted to write one, but was also really scared about it. I wanted to write something very truthful that did justice to all the people that I have loved in my life. TV is a mask, and sometimes it's good to take that off and just go... Actually, maybe I do look like this creature with vertical hair who always has something to say for herself, but behind that I am pretty awkward and shy. I don't ever really have the right responses to anything. I struggle and over-think and I'm over-emotional and all those sorts of things. So it's quite good to get that out of my system. I want the book to resonate with people. We're all the same. We have all suffered loss to a degree, we've all been embarrassed, we've all had love affairs that have gone wrong and felt regret about them. We have all felt slightly awkward about our parents but, at the same time, as you grow older, you realise you are becoming them and you accept that.

#### You reveal in your book that you're living with a tumour in your pituitary gland. How does that affect you?

I'm lucky that it's benign, so it's not in itself a worrying thing. Sometimes it's big and makes me mad, and sometimes it's small and is in the background. Sometimes it screws up my hormones. I have various tests now to make sure the side-effects aren't too onerous. I found out when I had a check-up while filming *The Supersizers*, eight years ago. I was at a point where I was spending so much of my life doing television that I only found out about my real life through a television procedure. I didn't have the time to go to the doctor in real life. That's what really made me think that the balance [in my life] is wrong.

#### Sadly, isn't one of the side-effects that you won't be able to have children?

We live in a time and place where we think everything is possible. I don't know if

SUE WEARS JACKET, BARBARA CASASOLA AT MATCHES. SHIRT, VINCE. TROUSERS, THEORY. SHOES, RUSSELL & BROMLEY



I am a massive foodie. I eat constantly!



In her stride:  
'My next phase?  
Perhaps to have  
the confidence just  
to do a little less'

I would have gone on to have children. But as soon as someone says you can't have something, you want it more than anything.

#### You also talk in your new book about getting very close to your *Supersizers* co-star, Giles Coren.

There was a bit of snogging. It was a moment under a table... I don't want to overplay this! I think he is beautiful. He is so interesting and infuriating and original, and I love him.

#### What did you mean when you describe yourself as a bit of a love junkie?

I have a lot of love. I'm a bit erratic and scatty. I think I'm really difficult to be with. There is a lot of goodwill there, but I'm just over the top. I can't even hold a sentence together, let alone anything else. I am addicted to love in all its forms. Mates, family – not just sexual love.

#### You and Mel first met when you were studying at Cambridge University in 1988. Tell us about your friendship.

There is a lot of love there. We've travelled a lot of emotional miles together. It's very special and meaningful. I can't really define it. It's part of the bedrock of my life.

#### You're very honest about your feelings of loss on Mel's wedding day and your emotions when she became a mother...

When she had her first child I thought: this is an experience I won't have or share. You've gone somewhere I can't go. You think it is going to destroy something, but actually it hasn't destroyed anything – we have very different lives and different experiences now. But it doesn't mean the core of us isn't as twinned as it ever was. All friendships experience that. It's like tearing a muscle. You think that muscle isn't ever going to work again. But it does. It works in a different way – sometimes better.

#### In the book you talk about how you walked out of filming on the first *GBBO* series because some of the contestants were left in tears – and, if someone is upset, how you'll sabotage filming so it can't be used...

All series struggle in the beginning, and we were finding our feet. It happens less and less now, but in the beginning there were a couple of people who



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[CONTINUED FROM PREVIOUS PAGE]

became very emotional and didn't want the camera there. We really want the bakers to succeed. We don't want to see a cake on the floor. But there are seven or eight cameras on them - they can't sneeze or roll their eyes without being captured. One of the 12 is going to go in the first week and it's our job to make it slightly less painful. They may feel they have taken an early bath, but they are still the 12th best baker in the UK - that is an amazing achievement.

#### Do you have a favourite cake?

There are a few that spring to mind... That's the thing about cake and that show - you just want to taste it. I am a massive foodie. I eat constantly!

#### What are Paul and Mary really like off-camera?

I absolutely adore the pair of them. Mary is such a role model to me and to so many people. Don't ever write her off as the nation's grandmother - she is sparky, bright, entrepreneurial, dynamic, cheeky, counter-cultural and amazing. I deeply love Paul. He is always punching and tickling me, and I'm always kicking him. The Paul I know is a warm, funny, decent man to the core.

#### What do you all do when the cameras are switched off?

I sit and do the crossword next to Mary. Paul watches TV - he sits in front of it, guarding it so no one gets the remote control. I take photos of Mel sleeping, too - I have thousands of them. And I try not to eat all the snacks. It's like a perpetual Boxing Day. You're full of food and there are people you love all around.

#### How do you cope working in the tent?

When it's hot in that tent, it's like being in a boil-in-the-bag. When it's cold, it's vile! I shove a mini hot water bottle down my front when it's very cold, but it made me look so pregnant in one series that people were asking me when it was due - so I don't do that any more!

#### Do you switch off from work?

Not very often. I think there's nothing wrong with taking ideas and passions home with you and exploring them. I know what it's like when you're not in fashion and not in work. I was 30 when it

# What a pair!

## 1988 Mel and Sue meet at Cambridge University's famous Footlights club

'She sidled over and introduced herself, like some post-punk Svengali,' says Sue.



Above and below: hosting *Casting Couch* in 1999

## 1997 The pair land their first TV show, *Light Lunch*, on Channel 4

## 2002 Sue is maid of honour at Mel's wedding to TV director Ben Morris

'When she gets drunk she will say that she loves me, but if she wrote an autobiography, I wouldn't even get a mention,' jokes Sue.



## 2003 Mel and Sue co-host Channel 4's breakfast show, *RI:SE*



Role play: Mel and Sue as Barbara Dickson and Elaine Paige in *Celebrity Stars In Their Eyes*, 2002

'From her, I've learnt to be a bit more measured,' says Sue. 'She knows I have the best intentions, but I will say something wrong in the heat of the moment!'

## 2010 The duo are reunited as co-hosts on *The Great British Bake Off*



January 2015: hosting ITV's *Mel & Sue*

'We are children. Our combined age in real years is substantial, but in intellectual and emotional years, we are toddlers!'

all went away, and it was so frightening. As a self-employed person when you get the incredible fortune to have another bite of the cherry, you have got to keep on eating. The next phase for me is perhaps to have the confidence to just do a little less.

Perhaps I attach my self-worth too closely to my job. As I get older, I hope I get wiser and think that it's okay not to flog myself to death. Who am I trying to prove this stuff to? The people that love me, love me anyway. They aren't going to love me any less or more because I've done an intense documentary in Kurdistan about naked dance festivals.

#### What makes you happy?

Freedom, countryside, a great book, dinner with friends, singing and dancing.

#### You love dogs and have written movingly about the death of your beagle, Pickle. You've even had the letter P tattooed on to your hand...

Dogs are fur repositories for everything you can't say to humans. For me, anyway. I spoke to my dog in the dead of night when I was miserable. She had these beautiful long ears, and I would lift up an ear flap and whisper what I felt about somebody. Dogs become containers of things you can't say out loud if you are too shy or awkward or embarrassed to say it. That's why my dog was so meaningful for me. Everyone's animals mean something different to them. Pickle stewarded me through my 30s and into my 40s, which were difficult times. I had the tattoo done six months after she died.

#### Who are your female icons?

My role models are Maureen and Geeta, who run a charity in Calcutta called The Hope Foundation. They go out every night to help the homeless. I met them for a documentary called *Kolkata: City of Joy*, which is on BBC One this Autumn. It was one of the most revelatory, beautiful, shocking and profound nights of my life. I have so much love and respect for what they do. It's difficult work, but they transform very compromised lives so significantly. I bow to them.

#### Why do you like GH?

Because it is such a glossy magazine that I can check my quiff in it - like it's a mirror - on my way out to work! □

*Spectacles by Sue Perkins* is out on 8 October.

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*Paul brings glamour to The Bake Off!*



*I think Mary needs new glasses!*

Dynamic duo:  
'This series is  
a real game  
changer'

In the six years they have been judges on The Great British Bake Off, Mary Berry and Paul Hollywood have tasted almost as many Victoria sponges and meat pies as our very own GH Cookery Team!

But there's more to their unlikely friendship than just cakes and bakes. The judging duo reveal their off-camera secrets, why this series of the show is a game changer and who would really win if they took each other on...

**What's the secret behind the incredible success of the show?**

**Paul:** The thing about Bake Off is that it's a programme all generations and genders can watch together as a family. It's nostalgic and takes you back to when you were a kid.

**Mary:** It has made a difference to people's lives - they are now baking at home with their families. The intake at cookery schools all over Britain has increased because of Bake Off, too.

**How would you sum up this series?**

**Paul:** This series is a real game changer. The contestants are all exceptionally good and they're almost professional in the way they attack everything.

**So how have this year's bakers surprised you?**

**Mary:** They use the internet far more and find flavours that aren't in our stores. They use a lot of essences and extracts, and really push the boat out.

They are much more adventurous this year. Usually there is a bit of a disaster, but the final is extremely close and very exciting.

**Paul:** It's the best final we've ever had.

**How would you describe your friendship?**

**Paul:** I'm Mary's bodyguard, bouncer, driver and dining partner. It's a good relationship.

**Mary:** I know all the girls love Paul and say he's sexy. I think he brings glamour to the whole thing!

**Paul:** And I think Mary's prescription glasses need changing...

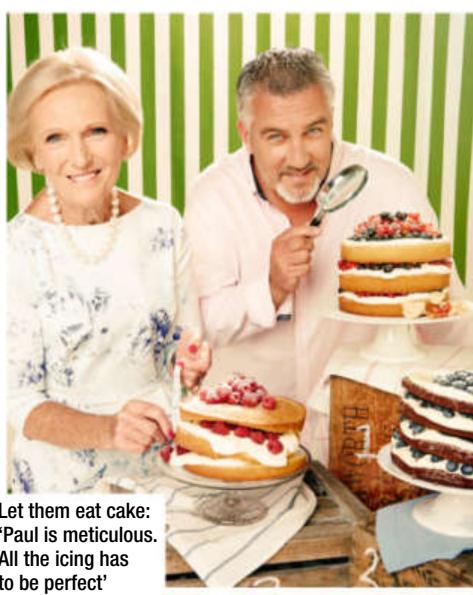
**How would you describe each other's judging styles?**

**Paul:** Mary is honest and direct, and she will let them get away with stuff... But she still gets the point across.

**Mary:** Paul is meticulous. It's very important to him to have everything of equal size. All the icing has to be absolutely perfect on every bun.



[CONTINUED FROM PREVIOUS PAGE]

**What are the biggest lessons you've learnt from each other?****Paul:** Patience.**Mary:** You're much more patient now than on earlier programmes. (I have to speak for him because he is so naughty!) He's used to doing things at great speed, and time is money.**What do you like about each other?****Mary:** We respect each other.**Paul:** We're relaxed in each other's company. It takes a long time for me to be relaxed with somebody and I was pretty much relaxed with Mary from the off.**What have been your biggest culinary disasters?****Mary:** I made a chocolate cake for Graham Norton's New Year's Eve TV show last year. I was walking over to get the piping bag to write Happy New Year on it when my granddaughter's cocker spaniel, Poppy, jumped up and took a chunk out of it! I was being picked up soon, so there was nothing to do but fill the gap with chocolate ganache. I smoothed it over, put it in its box and trotted off. They enjoyed it! Disasters happen.**Paul:** I was working at the Dorchester and burnt a whole rack of Danish pastries. We had a load of VIPs coming in, and I'd spent hours making mini pastries with crème pâté and strawberries, and didn't have time to make more. The oven had tripped and changed the temperature, but I hadn't seen it.**Any secrets from this series?****Mary:** The tent is freezing, so I always buy my clothes a little bit big and have a nice hot water bottle tucked underneath. There are all sorts of layers of vests, too.**Paul:** I thought Mary had a bladder problem, and then realised she was holding a hot water bottle. She hangs it around her neck!**Mary, you usually wear an iconic jacket each season that sells out immediately. Any new favourites?****Mary:** There are some good jackets this year... They are always high street makes. I can't pass a shop without having a look in.**Paul:** I get all mine second-hand.**Mary:** Absolute rubbish! He is making the whole thing up...**Paul:** Mary comes out and I go, 'You can't wear that!' What she wears is almost immaterial, as it will sell out anyway. She could wear a hessian bag and it would sell.***Mary could wear a hessian bag and it would sell out!*****How do you relax off-camera during filming?****Mary:** There's a lovely garden where we do the filming in Welford Park in Berkshire, which I love to walk around.**Paul:** I like to press wildflowers, run through the long grass and catch butterflies!**Mary:** I can tell you what he likes to do... The telly is never off! If Sue wants to change the channel, he says no!**Paul:** I like to take ownership of the remote control. I watch anything that's on.**Mary:** He watches Top Gear and any motor race that happens to be on.**Paul:** Only because the girls don't know how to turn it off or change the channel.**With all those delicious things to judge, do you put on weight during filming?****Paul:** I actually lost a bit this year!**Mary:** I put on 2lb and took it off straight after. I think we should all eat cake! It's the size of the portion, though. There's nothing like the treat of a small piece of cake and not going back for a second. But on the show, of course, it's very important we taste everybody's cakes and bakes - it's only fair we taste everything. Sometimes we even go back for a second bite.**Have there been any off-camera pranks this year?****Paul:** Mel and Sue stole my car once. I sometimes take the girls back to their hotel in my car.**Mary:** They don't enjoy it - he drives too fast. He drove Mel one time, and she said, 'I'm not going again.'**Paul:** We were in a Ferrari or an Aston Martin. She was screaming like a banshee all the way back to the hotel. It was embarrassing.**Do you get people offering you their homemade cakes in real life?****Paul:** I get it when I'm in a petrol station or pubs. I try not to go to supermarkets now. Alex (Paul's wife) does a lot of that. If I go with her, then everybody watches what I put in the trolley.**Mary:** When Paul and I do book signings, nearly always little people give us a box with a cupcake or something. Children are so into the Bake Off and want us to know and taste what they've made.**If you were up against each other in a Bake Off challenge, who would win?****Mary:** He would. I know he would go to any lengths to beat me. Even if he had to put something in my bake to stop me from winning!**Paul:** I am very competitive. We should have one with Mel and Mary against Sue and me. That would be interesting.**Mary:** We would like that. Mel couldn't care less whether we won or not.**What would you bake?****Mary:** GH is so famous and well researched - you should set the challenge!**What is your number one baking tip?****Mary:** Buy yourself some digital scales and weigh things carefully.**Paul:** Clean your oven at least once a month. If it's not clean, your thermostat is not going to be accurate.**Paul, you're a car obsessive. Would you ever go on Top Gear?****Mary:** We won't let him go on Top Gear because they drive so fast.**What about Strictly Come Dancing?****Paul:** Not yet.**Mary:** He will do it!**What is the infamous GBBO drinking game?****Paul:** Innuendo Bingo! I saw something on Twitter. If we say certain phrases, they do shots. I wish I knew what the words were so I could use them all the time - and get sponsored by Smirnoff vodka! □

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# The <sup>best</sup> FIVE FRIENDS every woman needs

From the sibling you looked up to as a child, to the workmate who became a valuable friend, it's the women in our lives who help us through, as these famous faces reveal



*'It has been 50 years, and we are still discussing armholes!'*

## THE FRIEND YOU MET AT WORK

*'Our secret is we laugh and have fun'*

Superstar fashion designer Barbara Hulanicki transformed the way women looked in the Sixties – but she had a little help from a certain young model by the name of Twiggy...

I remember first meeting this beautiful girl Twiggy more than 50 years ago and thinking, 'My goodness, what a face!' She came into my shop, Biba, just after I opened it in London in 1964, when she first started modelling. Although my clothes were tiny, she was even tinier, and I had to make them smaller and order smaller shoes. Today she is one of my oldest and best friends, and our friendship is now as it was back then.

I always think the secret of a long-lasting friendship is to have fun and a good laugh. I live in America, and Twiggy and her husband Lee (Lawson, the actor) still visit me a lot. Recently the two of us were sitting in a café on the beachfront discussing high-up armholes! We laughed so much to think that, 50 years on, we are still discussing armholes!

I see Twiggy and Lee more often now that their daughter,

Carly, has grown up. I love to see my friends' children growing up, and Carly now has a little baby of her own.

I come back to England every six to eight weeks now as I'm busy designing a new range for Icon Club. It's great, as I can pick up the old friendships from my Biba days exactly where I left them. I think that's a lot to do with the lovely British people, though.

The thing I miss the most about my friends in the UK is their sense of humour – the Americans just don't get it. Often, I tell a joke that I know would be funny in England, but the Americans just look worried!

I don't really have childhood friends because, although I was born in Poland, my childhood was spent in Palestine. Subsequently, the friends I had as a child were dispersed all over the world.

It took me a long time to get to know English people when I first came to the UK. But the friendships you do make become deeper over time, and that's something very special.

## THE FRIEND YOU MET AT SCHOOL

*'You can see us together in our class photo!'*

Most famous for playing one of four friends in *Sex And The City*, actress Cynthia Nixon can trace her earliest pal all the way back to the first grade

My closest friends are people I connect with because I wish I was more like them in some way. I admire and respect them and their opinions, and I want to borrow or learn from them. I don't want to be friends with people who have exactly my point of view - I don't need another me, I need someone to look at a situation I'm confused about and shed some light on it from a new angle that I can't see.

My best friend is called Josene. We met in our first year of school, and you can see us together in the class photo, but we weren't close until later. In our 20s we lived three blocks from each other in New York City - it was great!

I like being busy, moving fast and accomplishing a lot of things. She is much calmer - a more interior person and very intuitive. She slows me down and makes me confront myself. Sometimes, I don't realise what's going on in my head until I have lunch with her and all this stuff I didn't know I was worried about comes pouring out.

Now we live not too far away, on the same subway line, and we try to speak pretty often. When I have free time she's the first person I'll try to get together with.

Friends who have known each other for so many decades go through all the highs and low points. It's the same with romantic relationships, like in my new film *Ruth & Alex*, which looks at the friendship between a long-married couple. That kind of friendship doesn't mean that you don't get frustrated, but that you're also dependent on each other.

'I don't need another me, I need someone to look at a situation from a new angle,' says Cynthia



*'We laugh  
and cry  
together,  
and feel a  
whole lot  
better'*



Relative values: 'My family is close knit, but it's still important to have a best friend,' says Gizzi

## THE FRIEND YOU'VE ONLY JUST MET

### 'I feel like I've known her for ever!'

Cookery writer Gizzi Erskine met her best friend Zoe just three years ago, but already they are a force to be reckoned with

**I** met Zoe when I was on a night out with a boyfriend. She was a friend of his and turned up at the pub, and we hit it off immediately. I ended up finishing with the boyfriend soon after, but I gained this amazing friend!

We're very similar, and she's often the first person I call if I have a problem. When we speak and I have a moan, she listens and doesn't judge me, and I do the same with her. We're inseparable, and people even joke that she's my wife!

My family is very close knit, and I get on extremely well with my mum, Maria, and my two sisters. I talk to them all the time. But it's still very important to have a best friend. It's different somehow – a friend has fewer expectations but they still care.

We're exactly the same: loud and confident and laughing all the time. My mum says she's terrified when she visits and Zoe is around – she says it's like having double Gizzi!

So what's the secret of our close friendship? We've never really fallen out because we are open and honest with each other. We know each other's boundaries and respect them. If I need to talk to someone, I can call her. We speak on the phone every day and see each other once a week.

I've been incredibly busy this year filming a new TV show, but Zoe has always been supportive. She has been an invaluable source of advice for my new book, *Gizzi's Healthy Appetite*, too.

I have a really privileged life at the moment, and I realise how lucky I am. I travel a lot for my work to amazing places like Paris and New York, and have a chance to stay in lovely hotels. What I really like to do is take Zoe with me as a special treat for being such a wonderful, loyal friend – and that gives me great pleasure.



Rising to the challenge: 'Whatever opinion she offers, she has my best interests at heart,' says Deborah

*'We laugh a lot – and it's that proper bellyache laughter!'*

## THE FRIEND YOU'VE HAD ALL YOUR LIFE

### 'We'd be close even if we weren't related'

When she was asked to appear on Strictly, Deborah Meaden turned to her sister. And the Dragons' Den star believes theirs is a bond only siblings can share

**F**or me, a best friend is someone who tells it like it is, who'll tell you the truth whether you like it or not. For me, that's my older sister, Gail. I always know that whatever Gail tells me, whatever opinion she offers, she has my best interests at heart. There's no ulterior motive. She will just come out and say it.

I definitely feel I can trust her more because she's my sister. In my industry, a lot of people tell you what you want to hear – and I've found that the further you get in your career, the less people challenge you. I know Gail

will always be totally honest. Sometimes it will be something silly, like I can't get a table in a restaurant and I'll think 'How dare they!' and Gail will say 'For goodness' sake, Deborah, welcome to the rest of the world's life!' She keeps me grounded.

We haven't always been best friends. In fact, growing up, Gail was my worst enemy! She's two-and-a-half years older than me and I was the annoying little sister – always following her around, wanting to be her. I must have been really irritating. But there came a point in our early 20s when it felt like we were no longer just sisters. I

[CONTINUED FROM  
PREVIOUS PAGE]

thought: you know what, I actually quite like you!

Now we see each other all the time. Gail lives 20 minutes away from my home in Somerset and we both love horses, so when I'm in the country we'll go out riding together most days. It amazes me that we don't run out of things to talk about but we don't. It helps that we share passions. I'm an ambassador for the WWF and Gail shares my concern for wildlife and the environment. The number of times we've stared around us while we're out riding and said, 'Wow, aren't we lucky to be able to look out on a view like this.'

She's got a lovely sense of humour, too. We laugh a lot – at ourselves, at each other – and it's that proper bellyache laughter!

Gail is also the first person I turn to for advice. When the BBC asked if I'd do Strictly Come Dancing, I kept thinking, should I or shouldn't I? What's my motivation? So I had a long chat with Gail about it. And she simply said, 'The point is, do you want to do it?' And I thought, Yes I do! She was wonderful during Strictly. She came up to London to watch me dance every Saturday night and she was gutted when I went out. If my husband's not available, she's usually my plus one at showbiz parties, too.

Of course not all sisters end up being best friends, but it helps that I really love Gail as a person. I know we'd be friends even if we weren't related. She's strong, she's forthright, she's funny and she's honest. Yes, we may not agree on everything – but I know she's always got my back.



Seeing the funny side: 'She tried to wipe a mole off my face for comic effect,' says Katherine

*'Male and female brains are undeniably different'*

## THE FRIEND YOU MET AT COLLEGE

*'She's an education, as well as being completely entertaining and hilarious'*

They bonded at Oxford, and actress Katherine Parkinson is still learning a thing or two from her famous best friend, Katy Brand

I met Katy as a student, when we did a read-through of a play we were appearing in together. Then we saw each other at a party, and she was extremely drunk and tried to wipe a mole off my face for comic effect. I was impressed by how bold that was!

We've now been friends for nearly 20 years and she still makes me laugh. We worked together on Katy's TV show, and our friendship works so well because she likes to be in control, whereas I'm very happy not to be. She's very loyal and someone I've been able to go to with problems over the years. Plus she's always there for me. I'm running the Royal Parks Half Marathon for Barnardo's this month and Katy is supporting me.

Sometimes we underestimate the value of talking about things outside our own lives, but Katy is someone who can talk about pretty much anything. Sometimes with female friendships, you can get locked into

certain subjects – your life, your children, your partner, work. But I can ring her up and we'll talk about something completely different, maybe something in the news or a country she's travelled to or a political issue.

She's very informed and opinionated – almost irritatingly so at times! I'm very badly informed about lots of political things, but Katy doesn't judge me – she relishes a debate and we just get stuck in. She's an education as well as being completely entertaining and hilarious. I find that much more relaxing than just going over details of my own life.

When you're a busy working mother and wife, it feels like female friendships can fall to the bottom of the list. But you need them as much as you need everything else in life. Male and female brains are undeniably different, and it's good to be with another female brain. My friendship with Katy has endured, and she's one of the most loyal and devoted friends I know. □



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# The best ADVICE



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'Exercise is so important because, when you're physically active, something happens to your spirit and mind. And it makes you look good – even if you don't have a particularly slim figure. When I had the workout studios, women would come in who were quite heavy and yet they loved their bodies; they felt good about themselves and consequently they were beautiful.'

SCREEN GODDESS AND FITNESS QUEEN  
**JANE FONDA, MARCH 2011**

'God, what were you so worried about? Just sit back and enjoy it.'

OSCAR WINNER MERYL STREEP'S SAGE  
ADVICE TO HER YOUNGER SELF,  
**AUGUST 2008**

Since our **FIRST ISSUE IN 1922**, the great and the good have graced our pages, offering advice on love, money, health and almost anything else you can think of. So, in our special Best of the Best issue, here are some of our favourite words of wisdom – from Nobel Prize-winning schoolgirl Malala to Virginia Woolf... all first published in Good Housekeeping

*'I still make sure the family gets together to eat. Mealtimes are an important way of reminding one another that there are always people who are prepared to fight your corner.'*

LEGENDARY ACTRESS  
AND FOOD WRITER  
**MADHUR JAFFREY,  
JANUARY 2011**



'Worrying about your future saps your energy and makes you nervous – and quite often the thing you're worrying about doesn't work out as you expect it will! So I truly believe one must live in the present and try to be happy.'

ACTRESS AND ACTIVIST  
**JOANNA LUMLEY,  
SEPTEMBER 2010**

# GH has ever given!



'Live adventurously is my mantra. It is a Quaker saying and it means constantly be open to the new and constantly be curious. There are so many interesting things to look at that you need never be bored; there are loads of people who would like your company so you need never be lonely.'

ACTRESS, AUTHOR AND ALL-ROUND GH FAVOURITE  
**SHEILA HANCOCK, JULY 2009**

'I don't understand this obsession with appearance. In the Sixties and Seventies, we were more focused on being free spirits. If you're concerned with how you look, it means you're concerned about what people think of you, and if you feel like that, you can't be free.'

A WARNING FROM ACTING ROYALTY  
**VANESSA REDGRAVE, MAY 2006**

'If you think something is missing in your life or you're not getting what you deserve, remember there is no yellow brick road to happiness. You lead life; it doesn't lead you.'

WHO ELSE BUT GLOBAL TV STAR AND PHILANTHROPIST **OPRAH WINFREY, APRIL 2006**

*'The main ingredient to looking good, you know, is having a good feeling about yourself. Skin is a barometer of inner health: if you're feeling bad it shows, so you must learn to deal with stress.'*

BEAUTIFUL ADVICE FROM BUSINESSWOMAN, SOCIALITE AND PHILANTHROPIST **EVELYN LAUDER, OCTOBER 1992**



*'We should at least try our very best, and feel free in being honest. We mustn't be scared or worried that our parents, partners or friends will mind – don't be scared of anyone. Stand up and say something.'*

YOUNGEST EVER NOBEL PRIZE WINNER AND ACTIVIST FOR FEMALE EDUCATION **MALALA YOUSAFZAI, NOVEMBER 2014**



*'It's nice if people take away their boundaries and don't think, I'm this age, I should be doing that. You have to use the advantages of whatever age you are – and if being older gives you more confidence, you can dare to do things you wouldn't do before.'*

WISDOM FROM THE WONDERFUL  
**VICTORIA WOOD, MARCH 2005**

# BEST of the BEST



SEPTEMBER 1991

**'If I've done anything for women, it would be to point out that it is not a woman's duty to iron his bloody shirt, and that she should put herself first.'**

JOURNALIST AND WEAKEST LINK RINGMASTER **ANNE ROBINSON** ON WHY WOMEN SHOULD STAND UP FOR THEMSELVES, **SEPTEMBER 1991**



'It is these things that we want to remember in war time, the idiotic and the heroic, the ridiculous and the sublime, so that we can make a hotchpotch of them in our letters when we write, and the man will breathe, for one moment, something of our unchanging, foolish world.'

ONE OF OUR GREATEST WRITERS, **DAPHNE DU MAURIER**, ON HOW TO WRITE TO A PARTNER STATIONED ABROAD, **SEPTEMBER 1940**

'It's so much easier if there's someone at home when you are busy. I can see there's a lot to be said for that, the Mr and Mrs Woodentop set-up. But somehow we luckily recognised that if every husband needs a good wife, so does every working wife.'

AHEAD OF HER TIME WRITER AND BROADCASTER **MAVIS NICHOLSON**, **SEPTEMBER 1987**



*'What matters is the human spirit, how it endures in the face of everything. The other day I read something about how diamonds come to be... I was amazed at the description. Diamonds start out as black coal, deep in the belly of the earth, being crushed so that you think they'd be destroyed. But no. They just get harder and purer. They become the most precious thing in the world – a diamond.'*

PULITZER PRIZE-WINNING AUTHOR OF THE COLOR PURPLE  
**ALICE WALKER, JUNE 1985**



*'Nowadays there's such a lot of noise, I think you've got to try and create a haven.'*

GOOD ADVICE ON GETTING AWAY FROM IT ALL FROM THE LATE **LAURA ASHLEY, APRIL 1977**

*'Life's so short: if you're not interested in doing something, why do it? I can't bear being bored, it's the ultimate horror.'*

SHAKESPEAREAN ACTRESS  
**JANET SUZMAN, JULY 1977**

'Passions don't die down conveniently like gardens. They can burn even more brightly because their owners have. Earlier enthusiasms, excesses and extremes may have seemed exciting at the time, but we had nothing to measure them against. They generated excitement because they were new. Later the buzz is more substantial because we have known thrills that turned out to be tepid or empty, and this gives us greater judgment about the current one.'

MUCH-MISSED IRISH NOVELIST  
**MAEVE BINCHY ON AGEING, MARCH 1989**

'I couldn't have done it alone. That's the lesson I learnt and I wish I could spell it out in neon lights for husbands and wives of patients who have suffered strokes, or other illnesses of long convalescence. You can't do it alone. The job is too exhausting.'

ADVICE FROM **PATRICIA NEAL**, WIFE OF ROALD DAHL, ON HOW TO RECOVER FROM A STROKE, **NOVEMBER 1967**

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\*Source: The NPD Group value sales  
Jan-Dec 2014. "Consumer test conducted  
in the UK on 377 women.



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# CLARINS

'An unattractive, untidy, childless couple living on national assistance could have a successful marriage. Conversely, two brilliant, successful people can have a flop of a marriage, as the worlds of royalty, show business and the arts show proof enough. Our mistake is assuming a marriage is a sum-total of two people's qualities, when it is, instead, an entirely new social entity, a "we" that is unique.'

EDUCATION CAMPAIGNER AND WRITER **CAROLINE WEDGWOOD BENN**, WIFE AND SOCIALIST SOULMATE OF TONY BENN FOR 51 YEARS, **FEBRUARY 1963**



'She did not want intimacy; she wanted conversation.'

Intimacy has a way of breeding silence, and silence she abhorred. There must be talk, and it must be general, and it must be about everything. It must not go too deep, and it must not be too clever, for if it went too far in either of these directions somebody was sure to feel out of it, and to sit balancing his tea cup, saying nothing.'

**VIRGINIA WOOLF'S GENTLY MOCKING ADVICE ON BEING THE PERFECT SOCIALITE, JANUARY 1932**

*'Now I know that sculpted perfection of feature can be a definite handicap, and that a large mouth and funny eyebrows and a quaint nose are often infinitely more valuable. I'm not beautiful, and without hypocrisy I can say I'm glad. For not only is beauty sometimes a liability, but it is so frequently tragic as well.'*

HOLLYWOOD ROYALTY **BETTE DAVIS** ON EMBRACING YOUR IMPERFECTIONS, **MARCH 1938**



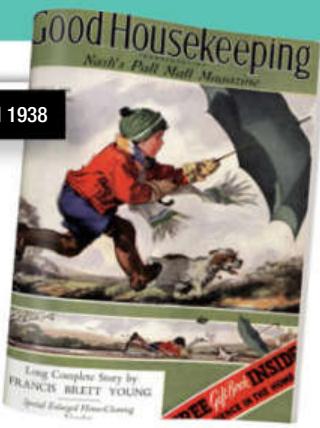
'If we were to believe advertising and the popular newspapers, vital statistics are the only factor which matters, and a woman's useful existence is restricted to the years between 17 and 27. This is nonsense. I know of hardly any woman in this age group whose success is worth analysing, but I know many older – and sometimes very much older – women who are shining examples of vital living.'

QUEEN OF ROMANTIC FICTION **BARBARA CARTLAND**, **AUGUST 1957**

'There should be no drudgery in the house. There must be time to think, to read, to enjoy life, to be young with the growing generation, to have time for their pleasures, to have leisure for one's own, to hold one's youth as long as possible, to have beauty around us, line and colour in dress, form and colour in our surroundings; to have good food without monotony, and good service without jangled tempers.'

THE REASON FOR **GOOD HOUSEKEEPING**, FROM OUR FIRST EVER ISSUE, **MARCH 1922**

MARCH 1938



*'Personally, I mistrust persons who arrive with very neat luggage. It looks so hardened. Such persons, I opine, make a habit of being guests. They will have a wide field of experience, they will be in a position to draw comparisons; and ten to one comparisons drawn from me and my house will be invidious ones.'*

LITERARY HEROINE **SYLVIA TOWNSEND WARNER**, **MAY 1950**

*'Nothing in the world could make one feel as fundamentally different through and through, as reborn, as a new hat.'*

POLITICIAN, DIARIST AND GRANDMOTHER OF HELENA, **LADY VIOLET BONHAM CARTER**, WRITING ABOUT OUR ETERNAL LOVE AFFAIR WITH FASHION, **JUNE 1926** □

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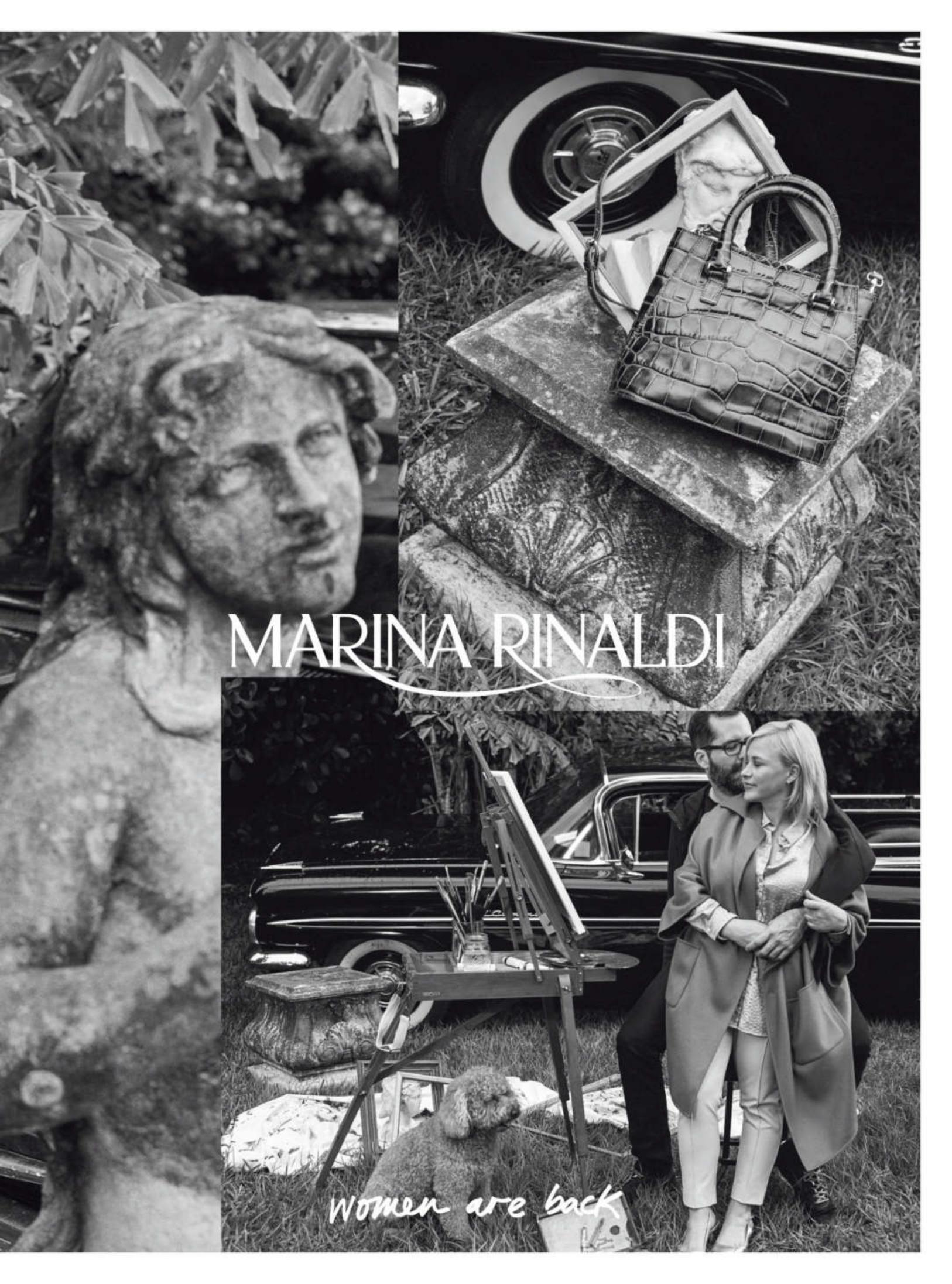


# CLARINS

PATRICIA ARQUETTE

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# MARINA RINALDI

Women are back

# Back to school

We all know education is wasted on the young, so if Winter nights drawing in are giving you that back-to-school feeling (in a good way), take inspiration from these five women



*'Be brave  
and have  
confidence'*

Sowing the seeds:  
Esra found a new  
outlet for her  
creative talent

## 'I retrained and grew myself a new career'

Building on her creative skills, Esra Parr decided to pursue her love of plants – and studying garden design has led to an amazing success

**W**hen my children were little, I wanted to be around to support them. But as they grew older and seemed to need me less, I looked for other things to do. I wanted to retrain for something exciting that would harness my existing skills.

I'm creative, and had worked as a graphic designer and image consultant when they were younger. I also enjoyed photography, especially exploring the shapes and colours of plants. I realised I wanted to know more about them – like their names, for a start! So I signed up for a one-year horticulture course, based at Capel Manor in London's Regent's Park.

I found it such a buzz to be studying again. I loved the discipline and focus of the work, and found ideas flowed naturally. I learnt a huge amount – not just all the Latin names for plants, but how to blend them effectively to create a beautiful garden. I also knuckled down to the nitty-gritty of understanding the landscaping that goes with any successful garden design.

My interest grew with every week. At the end of the first year, I had a huge confidence boost when it was announced that I'd won a competition to redesign one of the college's show gardens. At that moment, I began to believe: this is something I can really do...

By the end of the course, I had built up enough confidence to launch myself as a professional garden designer.

To kick-start my career I entered a design called Spirit Of The Aegean for the RHS Hampton Court Flower Show last Summer. I'm Turkish, so I called on childhood memories of holidays in Bodrum as I planned pink bougainvillea, white oleander and lavender as the key plants. To my delight, my design was accepted, and I even managed to get a cruise company to sponsor me. When I heard I'd won a Gold Medal, it was one of the most special moments ever.

I feel like my life has been transformed. I love what I am doing now, it feels practical and creative. I've also made so many new friends – the horticultural world is highly competitive but hugely supportive – and there are lots of women in the industry. My new career feels absolutely right.

Life lesson: Arabella has never regretted returning to the classroom



*'It was tough, but I never doubted my decision'*

## 'I went back to school to help others every day'

It was a soul-searching holiday that inspired Arabella Northey to leave her job in finance for a more rewarding future

**A**fter I graduated from university, my priority was to work in the City and make some money. I got a job with a major commercial property company. It was high octane – dealing with auditors, banks and demanding bosses, writing lengthy presentations and running publicity events. Everything had to be perfect. I worked long days, only having time to see friends for a quick drink in the evening. It took me hours to wind down when I walked away from the office.

A sailing holiday to Turkey with my flatmate and his friends sparked a change of direction. There were 10 of us, and we took turns steering the yacht, climbed over rocky beaches to find restaurants and slept on the deck under the stars. By



[CONTINUED FROM PREVIOUS PAGE] the second week, our conversations had reached a new level. Some of them were

questioning the next stage in their lives, and talking with them inspired me to reflect on my own. I had studied theology as part of my degree, and I wanted to be able to use that in some way. Most of all, I wanted to do something where I could help people find new ways to think about the world.

By the time I got back home, I'd already decided to leave my job, go back to college and study to become a teacher. I applied for training positions, but it was very competitive and I only had a few replies from the 30-odd secondary schools I contacted. Finally, one of the schools offered me a position as an RE teacher and enrolled me on the graduate teaching programme at Brunel University.

I remember my first day so clearly – sitting in the school assembly listening to 600 pupils singing was a truly profound moment. For the most part I learnt my new skills on the job, building a folder of evidence to prove I could meet the standards I needed to qualify. I faced some tough classes, but I think my work experience made it easier to manage and persuade the kids to accept my authority.

I've never doubted my decision. Teaching has its stressful moments, and I still work very long hours sometimes, but it's so rewarding seeing pupils come out with amazing results they didn't think they could achieve. Now I feel I'm playing to my strengths, and helping people every day. Going back to school was the best decision for me.

## 'I've learnt to understand what I'm singing about'

**The beauty of the Italian language as well as its links to classical music made Fenella Fairbairn determined to speak it fluently**

**E**xploring the streets of Bologna, I felt inspired by the beauty of the Italian city. I was there as part of a choir singing Renaissance music. Everyone around me seemed so vibrant and lively, and the lyrical flow of the language sounded wonderful.

After a couple of hours sightseeing in the heat, I was longing for a coffee and a cold glass of water. But sitting down in a café, I realised I had no idea how to ask for what I wanted. After resorting to a mixture of sign language and finding the words in my phrase book, I resolved there and then to learn Italian when I returned home.

I work as a supply teacher, but music has always been my great love. I sing soprano with choirs and occasionally as a soloist. Lots of the most beautiful operas, songs and choral music are sung in Italian, so that was an even more compelling reason to learn the language. After all, music is all about emotion, and it's far easier to get the right feel for a song if you understand what you're singing about. I wanted to be able to translate the words for myself – and to pronounce the language properly.

So earlier this year I signed up for an Italian course at my local adult education centre. Although my memory isn't as sharp as it was in my teens, I still find it easier to learn now than when I was young. I'm better at storing what I'm learning and retrieving information – plus I always do my homework! We learn in a fairly varied way but we work in pairs, which makes it more entertaining. My grammar has come on in leaps and bounds, and my musical ear means I've picked up the pronunciation easily.

Italian is a showy language, so I exaggerate the accent and throw my voice out – though self-consciousness can creep in! I can read quite well now and, though I'm not fluent, I can at least structure a sentence in my mind before saying it aloud.

Recently, I was singing an Italian aria and felt much more able to express myself through the song because I understood every word. Learning another language has been much more than just an interest for me – it's taken me to another level with my music, too, which has been so satisfying.



**Inspired: a passion for music led Fenella to Italian classes**

*'It's easier to study now – and I always do my homework!'*

*'I was  
terrified of  
writing  
essays, but  
I stuck  
with it'*



**Digging for treasure:**  
Claire's happiest  
while on a dig

## 'Studying the past has opened up my future'

**A degree in history and archaeology has taken Claire Taylor around the world to ancient burial sites and Roman treasure**

**I** loved history as a child, but it never occurred to anyone – least of all me – that I might be able to continue studying after leaving school. Instead I was steered into clerical work. But my fascination with the past, especially the Romans and Ancient Greeks, never left me.

When my sons were growing up I enjoyed helping them with their history homework, and I ended up working as a learning support assistant in a school. Then, when they were a bit older, I spotted an online advert for an archaeological dig at a Roman site near my home in Kent. I applied and got a place.

Joining that dig was a revelation. I was so inspired by the thrill of finding objects that people had used centuries ago that I signed up for a week-long archaeology course to learn the skills I needed on a dig. Completely hooked and determined to build my knowledge, I took further courses on how to analyse bones and then how to draw artefacts accurately.

Eventually, I committed to starting a distance-learning degree in ancient history and archaeology at the University of Leicester. At first it was challenging to keep up with the reading lists, especially as I hadn't studied seriously for nearly 25 years. I was terrified about writing essays and almost gave up in the first term, but with support from family and friends I stuck it out and was thrilled to get good feedback from the tutors.

I'm now in my second year of a BA. When you love what you're studying, it's easy to get so obsessed with work that you neglect friends and family, so I make sure I'm well organised to make time for everyone.

While I enjoy my academic studies, I also love the practical side of being involved in archaeological digs. Over the past few years I've been to digs near Pompeii, Tel Aviv and around England. My best finds include an intricate Roman military brooch and a 3,500-year-old Bronze-Age skeleton.

These days, my favourite outfit is a high-viz waistcoat and a bright yellow hard hat, because that means I'm all set to dig for fascinating finds from the past. Studying for a degree in a subject I'm so passionate about has enriched my life hugely. I feel I'm following my dream.



*'The course is hard work but it has enriched my life'*

## 'I sold my house to pay my college fees'

It took a huge leap of faith, but Deborah Lawrence followed her heart to learn behind-the-scenes skills for the theatrical world

**M**y grandmother was a tailor, and I inherited her interest in needles, threads and clothing. While I made lots of outfits for myself and my friends, it was only ever a hobby and I never considered it as a career. Instead, I worked for 25 years in a shipping office and as a part-time chiropodist. But I kept up my interest in clothes by helping out with costumes and props for local theatre productions, as I've had a passion for performance ever since seeing *A Midsummer Night's Dream* as a teenager.

A few years ago, after being heaped with compliments about the costumes I'd created for a particularly spectacular show, I realised this was something I'd like to take more seriously. I'm single, so there was no reason not to follow my instinct. I researched training courses, and found the three-year technical theatre and stage management course at RADA in London. It looked perfect, with involvement in student productions and loads of opportunities to work within the industry during the training.

I applied, and got a place after taking in some samples of my costumes and convincing the Academy of my commitment and enthusiasm. My biggest hurdle was paying the fees. But I knew this was a



Curtain up: now Deborah's skills are taking centre stage

course that would enrich my life - so I made the huge decision to sell my house to raise the money. I'd hoped to move to London but it was too expensive, so I rented in the same area in Suffolk.

I've had no regrets - the course is intense and very hard work, but I've absolutely loved using all my tailoring and creative skills. I've had the chance to work at the National Theatre and the Royal Opera

House, and for my final show last Summer, I made full-on glamorous costumes with a Showboat theme - think Mississippi Delta, with gorgeous women and dashing men.

I've always believed you shouldn't allow yourself to be bored. It is so easy to plod off to work and feel isolated and dull. Although it's scary to think about being a freelancer at my age, I am finally doing something I am passionate about. □

A woman with shoulder-length brown hair is standing in a field, looking off to the side. She is wearing a teal-colored, knee-length coat with a wide notched collar and a belt. The background is a bright, cloudy sky.

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**GARNIER**

# Finding the STRENGTH TO GO ON

On the darkest of days, at the most terrible of times, that single ray of hope may appear elusive. And yet, as these four moving stories show, even the most awful experience illuminates how precious life is – and how we waste it at our peril...

## 'We only have one life, so follow your dreams'

*Award-winning journalist*

*Melanie Reid broke her neck and back in a devastating accident that left her paralysed. She has a valuable lesson to pass on...*

**G**ood Friday, it was – an inappropriate day on which to ruin your life. I'd wangled the day off work as a Times journalist in order to take my horse on a cross-country training course. The Summer of 2010, I had determined, was going to be the one when I finally did some proper competing. If not now, when? My son had gone to university and I had some me time. I'd been a horse-dافت child, I'd owned horses for 30 years, I'd done British Horse Society exams... I was the classic experienced amateur whose hobby had always been subsumed by motherhood and full-time work. Now I wanted to have a

proper bash at it. My newspaper career was going well, and I was fitter and more confident than I'd ever been. Was 53 the new 30? It felt like it to me.

So there I was, the happy little girl living her dreams, cantering a big chestnut horse towards a small jump, and two seconds later – bang! Life ended. My horse refused and I did a slow-motion face-plant into the ground on the other side of the fence. My six-foot-plus frame crunched down on top. Everything momentarily went bright red, an explosion behind my eyes, and a delicious warmth flooded my body. And that was it. Fast lane to hard shoulder. Big, strong woman to helpless tetraplegic in the time it takes to say, 'Ouch!' And then, 60 seconds later, to add, 'Bugger. I can't move.'

In the dreadful hours and days that followed, when it was confirmed that my neck was broken at cervical 6/7 (and a vertebrae cracked lower down), I refused to accept the implications. No way was I



Melanie: 'I remain as cheerful and hopeful as possible'

going to be stuck in a wheelchair. I guess most paralysed people are like that at first – shock and denial. And boy, I had a lot of reality to deny. I could move my arms a bit, but from the armpits down I had lost everything. I was doubly incontinent. Even worse, my hands were useless. I had lost grip, function and feeling in all but my right forefinger and thumb.

My spinal injury was classified as incomplete: the cord crushed, not severed. After about three months, I could flicker my left big toe. Over the year I spent rehabbing in the Scottish Spinal Unit, I recovered other flickers of movement and a tiny increase in skin sensation – enough to convince me that if I exercised hard I'd get better. By the time I went home, I could stand with the aid of a heavy-duty frame, leaning on my elbows, and shuffle a few grotesque, faltering inches. Maybe five steps, twice a day.

It was the torture of possibility that hurt

PORTRAIT: MURDO MACLEOD. MELANIE REID WRITES SPINAL COLUMN IN THE TIMES SATURDAY MAGAZINE. HER BIOGRAPHY OF THE ACTOR GREGOR FISHER, PUBLISHED BY HARPERCOLLINS, COMES OUT IN OCTOBER

the most. I thought I would keep progressing – walk further, get steadier, regain bladder and bowel function. But no. It's five years now since the accident, and only in the past six months have I come to terms with the fact that this is as good as it gets. Oh, I have regained a bit more skin sensation and my hands are stronger, but I am wheelchair-dependent. I can get around the house in my chair and drive a car using hand controls. I can transfer, using my arms, from wheelchair to bed without a hoist. I can make a coffee and brush my teeth; I use my knuckles to put on face cream. But otherwise, I'm essentially pretty helpless. My carer comes every morning to wash and dress me; at night my husband swings my legs into bed and hauls off my leggings. I pee and poo from holes in my stomach, into bags. Crucially for my independence, I have just enough hand function to empty them myself.

For the sake of my wonderful husband, Dave, who loyally stayed, even though I told him he should leave, and Dougie, my son, now away training for a career, I remain as cheerful and hopeful as possible. I try to conceal my despair and keep working to subsidise their lifestyles – this empowers me!

## 'Life is precious for as long as my family needs me. I keep going for them. My outlook has changed. I'm more patient, less judgemental'

Besides, on good days, while I'm plonking on the keyboard with my one effective finger, I forget, fleetingly, that I'm disabled.

Dave has always been an outrageously funny, positive person. Nobody thought he would cope, but he has emerged as a hero. We retain a deep, close relationship. Laughter is key, rescuing even the darkest days.

And life is precious for as long as my family needs me. I keep going for them. My outlook has changed. I'm more patient, less judgemental; I listen to the quiet people. I am now a member of something I never knew existed – a parallel universe of disabled, ill and suffering people. We don't realise, when we're healthy and zooming along at 100mph, just how arrogant and complacent we are. We have no concept of how lucky we are; or how it could disappear in seconds. We lack perspective on what matters.

So please, don't get angry about discarded socks or tide marks in the bath or traffic jams – these things are irrelevant. Don't moan about your job or the weather or your unfulfilled aspirations. We only have one life and, take it from me, don't waste it – change your job, tilt up your face and kiss the rain, follow your dreams. Because you can.

'Open your eyes, see the wonder, don't anaesthetise yourself with the humdrum'

*When former Downing Street aide Kate Gross died of colon cancer at the age of 36, Prime Minister Tony Blair described her loss as utterly tragic. But Kate always told her husband Billy Boyle that life must go on. Here he explains how he's keeping that promise...*

My wife Kate died from colon cancer on Christmas Day last year. Nine months on, it's now just me and our six-year old twins, Isaac and Oscar, plus the amazing support network of friends, family and surrogate mums that my self-confessed control-freak wife put in place, once she knew she was going to die.

We're a family of three now, but Kate is everywhere. She's in the personalities of the twins and their memories of their mum that they share all the time. Most of all, she's in the book she wrote for them – Late Fragments – a book that's helping us now.

I met Kate at a poker party in 2004. She beat me hollow and I had the time of my life – she was funny and so much fun. We moved in together, relocated from London to Cambridge and, in 2009, our boys were born. Life was wonderful but very busy. Kate worked for the charity she'd founded and I had my own business.

Kate had suffered some stomach problems for a while, but in October 2012, she was very sick on a flight back home from the US, and called to say she was going straight to hospital. Within 12 hours our lives had changed for ever. By 6.30pm she was on the operating table and by 11pm, the surgeon called to tell me Kate had stage four colon cancer, which had metastasised in the liver. After a year of treatment and an operation to cut the cancer out of the liver, there was a brief, joyful remission for two months.

But in December 2013 the doctor told us it was back, and incurable. We sat and cried in each other's arms. Although we didn't tell the boys then that their mum was going to die, we had to tell them Mummy's 'tummy hurt' was back.

Soon Kate recalibrated into this new normal, and that helped me. There was a



**Kate with her family:**  
'She made it easier for me to cope,' says Billy

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CONTINUED FROM PREVIOUS PAGE] feeling that yes, this is happening, this is real – but ultimately I still had her, and I was very grateful for that. With our time so limited, petty stuff dropped away. The quality of life became sharper and more luminous. We had very difficult conversations about the boys' futures. She worried how they'd cope. She wanted them to be travellers and lifelong learners like her, but most of all to still have happy days.

The beginning of the end started one night last November when Kate woke with excruciating stomach pains. The tumour was blocking the colon again and we knew our remaining time together was very short.

'I just want to make it to Christmas,' Kate told me.

She died at 6.30 on Christmas morning, 10 minutes before the boys woke up excited and ready to open their stockings. Initially, they didn't know what had happened – I was doing Christmassy stuff with them, while the GP was writing the death certificate. It was an extreme

**'Her book gives her a permanence that will be there in 20, 30 years – a huge comfort'**

situation. But Kate always put the boys first, so she made it easier for me to cope. I wanted to give them as normal a Christmas as possible even though their mum had just died.

That night, I went back to Kate's book, so I could find her. It gives her a permanence that will be there in 20, 30 years – which is a huge comfort. The boys have seen the cover inscription to them, and are so proud when they spot it in the shops. It's not a book about dying, though. It's a book about life and how to live it: open your eyes, see the wonder, don't anaesthetise yourself with the humdrum.

Last Summer, the boys and I went to Dorset with Kate's best friend, Jenny (one of the surrogate mums she'd appointed). We had wild fun swimming in the sea, and I thought how glad she'd be to know they're still happy boys.

But the evenings, with the boys in bed, are some of my darkest hours. It's then I think about all the amazing times she and I shared. Nothing can take those away. We were – still are – so connected. The disease took so much but it made our relationship even deeper. It still feels totally awful that she's not here, but it's hard to wallow in self-pity when I can hear her telling me: 'Wise up, Billy. Get on with it and savour every day.'

*Late Fragments, Everything I Want To Tell You (About This Magnificent Life)*, by Kate Gross, is out now.

## 'Every new day has been sprinkled with a little dusting of hope'

*A freak fire destroyed Daisy Goodwin's house and almost everything in it. But despite the loss she is thankful for what survived – and her fresh new look at life...*

**T**was just another Monday morning. I'd seen my youngest daughter off to school, walked the dogs and settled myself in The London Library, where I go when I want to write without interruption. I put my phone on silent – there's little greater shame than your James Bond ringtone being heard in the reading room. As I roamed the shelves, I felt the phone vibrate. There was no one in sight, so I answered.

'Mrs Goodwin, it's Tariq from Ocado. I'm trying to deliver but your street is blocked by fire engines.'

Then I realised I'd missed 10 calls from my husband. All I remember is leaning my cheek against the steel bookshelf as I heard him say, 'Everyone's safe, the dogs are fine, but the house is really bad, don't come back, darling, whatever you do.'

The first thing I did was to find my daughters. I just wanted to kiss and squeeze them. We went to a hotel ('Yes, no baggage. Our house has burnt down'), and I sat on the bed wailing, 'We're cursed!' But my girls were having none of it. 'Don't be a drama queen Mum, it's just an accident, that's all.'

I heard the strain in their voices and realised how selfish I was being – it was my job to be strong for them, not the other way around. But it was tough – I was still coming to terms with the death of my mother: to lose my home as well felt utterly bleak. A friend sent me a

bottle of sloe gin and a packet of Nurofen Plus, with a note reading, Tomorrow Is Another Day.

And the magical thing is that, after that first terrible night, every new day was sprinkled with a little dusting of hope. True, the house was uninhabitable, its top two floors burnt out and the rest flooded. My books, photographs and my wedding dress had all gone, but other precious things – my mother's drawing of my brother and me when we were little, the quilt my grandmother made for me – were saved.

Every day I was touched beyond measure by the kindness of friends and strangers. Yes, I'd lost my house but I'd discovered the great humanity of others.

I don't want to sound too rose-tinted – getting a settlement from the insurance company has been more stressful than I'd have believed possible, and dealing with utility companies when you need their services in a hurry is like being transported behind the old Iron Curtain.

But on the positive side (which is where I've chosen to be), I feel so much lighter. I lost things I loved, but I also lost a lifetime of clutter – books, shoes, magazines, old cameras and massage balls that I didn't need but could never quite throw away. To be able to put all your possessions in one

case is truly liberating. It's taught me the difference between the things I really need and the non-essential things I buy just because they're shiny and new.

With luck we should be able to move back into our rebuilt home by Christmas – almost a year after the fire. I started by wanting to reproduce exactly what had been there before, but I've realised you can never go back. Maybe I won't love my new house as much as the old one, but I know now that my home is not an address, it's where I can surround myself with the people I love.

Oddly, I am grateful to the badly angled make-up mirror that caught the sun, setting the curtains on fire. At the age of 53, it has given me that most precious thing – a sense of perspective.



**Daisy: 'My home is not an address, it's where the people I love are'**

## 'Our darling Teddy achieved something incredible'

*Doctors warned the parents of Teddy Houlston that he would be born with a fatal brain condition, but they were determined his short life would not be wasted. The worst happened and, as predicted, Teddy died. But, says his mum, Jess Evans, he left behind something amazing...*

**W**atching my toddler, Noah, kicking a ball and giggling with his big sister, Billie, I feel overwhelmed with love and thankfulness – I know how lucky I am to have two beautiful children. Yet there will always be a gap in our lives: Noah was a twin. His brother, Teddy, lived for only 100 precious minutes, and every day I wonder, 'What if...'

What if he were still here? Would he look like Noah? What would he be doing?

For the first few months of my pregnancy I had no idea anything was wrong. My fiancé, Mike, and I already knew we were expecting twins, and went along to the 12-week scan feeling happy and excited. But an hour later, we were absorbing the shattering news that while one baby was thriving, the other twin had anencephaly. His skull and brain had not formed properly, and the condition would almost certainly prove fatal. Every idyllic image I'd had of my babies growing up together instantly dissolved and was swept away. I felt despair threatening to overwhelm me.

But even while my mind was swimming with shock, I was offered a chance to end all the uncertainty about the future and have a termination, leaving just the healthy twin to grow to full term. I refused. This was my child and I wanted his life, however short, to have a meaning. I wanted to see him, to hold him, and for him to know how much he was loved. We decided to name him Teddy. It was a sweet, childish name, because he would always be a baby.

We had to accept that he had no hope of surviving more than a few hours after birth. But as time went on, we realised there was something positive that could come out of this dreadful situation. My mum had always

talked positively and openly to me about organ donation, and we were all on the donor register. I began to wonder... could Teddy become an organ donor? Might he be able to give new life to someone else after his death? It would be the most wonderful gift of all.

We talked it through at length with doctors and a specialist transplant nurse at the University Hospital Wales, who eventually agreed it was possible. Making that decision gave us the strength to cope with the grief that became ever greater as my tummy expanded.

When I went into hospital to give birth, a specialist team was standing by. Noah was born swiftly, and I felt a surge of joy to see he was healthy and beautiful, with soft gold hair and plump cheeks. I kissed him and held him for a few minutes before handing him to Mike as the second delivery began. After Teddy was born, bottom first, he was wrapped in a soft blanket and instinctively I held him close. To me, my boy was beautiful.

Doctors had warned me he'd be unconscious. They said he wouldn't stir or make a sound. They were wrong. Teddy was breathing, moving, and made little noises. We laid him next to his brother, and for the first time Noah opened his eyes, reached out and grasped his twin's hand tightly.

Teddy lived for 100 minutes. For all that



Mike, Jess, Billie and Noah: 'There's comfort in knowing Teddy saved a life'

time, he was surrounded with love, and he finally slipped away gently. I could hardly bear to let him go. He felt so much a part of me. But then very gently, the specialist nurse came to take him, promising me she'd stay with him through the operation. And when she brought him back to us two hours later, he looked

perfect, snugly dressed in the white star-print babygrow and shawl I'd chosen for him.

We were moved to a family room, where we took pictures of us as a family, with Billie and our twin boys side by side. Two days later we heard the incredible news that Teddy's kidneys had been successfully transplanted. I felt a huge surge of pride that his gift had meant survival for another person. Our baby boy had achieved something incredible. He couldn't cling to life himself, but he became the UK's youngest ever organ donor.

Allowing Teddy to become a donor was our way of dealing with the worst that could happen, and we will be supporting National Transplant Week this month. Yes, losing a child was a tragedy but it has brought us so much comfort to know that he saved someone's life. When Noah is older we'll tell him about his twin brother and what a wonderful boy he was. We'll show him the pictures and memory boxes we treasure. Teddy will always live in our hearts. □

## 'LOOKING AT LIFE'S HIGHS AND LOWS HELPS US TO SEE WHAT CAN BE LEARNT'

**T**he brave stories on these pages are both hard to read and yet utterly uplifting and inspiring. Sometimes when we publish heart-rending accounts, I receive letters from readers telling me that they have no place in Good Housekeeping... they are too upsetting. We should concentrate, they say, on the lighter side of life. Well, a great deal of the content of Good Housekeeping is about the lighter side – as well as inspiration, glamour and really practical advice. But we would be doing a disservice if we

didn't look at life with all its highs and lows, and see what can be learnt from people who have faced the worst that fate can throw at us. Interestingly, and without any collusion, these survivors of events that are the stuff of nightmares to most of us all share one important message, which is to treasure the life you have now. In the hurly-burly of everyday life, that's something we all struggle to remember at times – but it's also the most valuable lesson there is.'

**Lindsay Nicholson, Editorial Director of Good Housekeeping**

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Nightwatch

Cherry Cherry,  
Bang Bang

Kook  
A Mango

Blue Streak

Mudslide

Get  
Juiced

# The orphans who taught me how to *LIVE*

When Kerry Watson embarked on a three-week trip to Kenya, she was simply hoping to clear her head. Instead, it changed her life...

**O**ne year ago, on my 50th birthday, I sat in the shade of a little mango tree, sheltering from the blazing Kenyan sun, and marvelled at the place I now call home. Seeing the children's smiles as they crowded round to sing me Happy Birthday, the excitement on their faces as they tucked into the sponge cake they had made especially for the occasion... these are the kind of moments I treasure the most. It couldn't be more different from my old life in Britain. Just seven years ago, I was a busy mum working as a travel agent in Burton-on-Trent, my trips abroad limited to package holidays to Tenerife or Florida with my husband, Paul, and our teenage children, Lee and Lauren. But as much as I enjoyed those family holidays, I yearned for something more.

For a long time I'd been struggling with an aching sadness that at times threatened to consume me. I'd found out I was adopted when I was eight years old - my unmarried mother was forced to give me up at birth. Although I'd had a happy childhood, I'd always felt there was something missing. In



A place to call home: the Footprints Orphanage in the Shimba Hills, Kenya

my 20s, I'd felt compelled to delve into my past, but I'd been unprepared for the emotional tidal wave that would ensue.

While my birth mother was still alive, my natural father had killed himself just two years earlier. It was a devastating blow and I fell into a very dark place. Although I subsequently tracked down my birth mum and experienced something approaching a reunion, that sense of sadness persisted throughout my life - and no amount of therapy could shift it. Having a family of my own only reminded me how different I was. It felt like a piece of me was broken, and I simply didn't know how to fix it.

Eventually, in my mid-40s, I realised I desperately needed some time out to reconnect and review my life. And now that



Growing together: Kerry with George, who came to her orphanage when he was four months old

the children were grown up and about to leave home, that was possible. But I didn't want to simply lie on a beach somewhere - I wanted to do something that would really take me out of my comfort zone.

It was while flicking through a brochure at work that I came across the trip to Kenya. It was an opportunity to take part in a three-week volunteering project in a remote village in the Shimba Hills, a nature reserve 50km from Mombasa. The trip involved teaching English at a local school and helping with a construction project. It was exactly the kind of challenge I'd been looking for - a chance to clear my head while doing something worthwhile.

Back then, I had no idea of the effect that trip would have on me. But touching down in Kenya in November 2007, I was overwhelmed by everything - the sounds, the smells, the stifling heat - but most of all by the stark, unrelenting poverty I saw all around me. Until then, my only insight into such a world had been through watching Comic Relief on TV. Yet seeing these people who

'I've learnt that you don't need to have given birth to a child to love them unconditionally'

[CONTINUED FROM PREVIOUS PAGE] had nothing suddenly put my own problems into perspective.

The thing that hit me most was the plight of the country's orphans, children who'd tragically lost their parents to Aids and were left to fend for themselves on the streets. Their situations were desperate. Many of them were barely surviving, sleeping under the stars and stealing food. Others had resorted to burning down trees in the night to sell the wood for charcoal.

It made me realise that, whatever sadness I had suffered, it was nothing in comparison. I'd had the luxury of an education, three meals a day, hot baths and the love and affection of my adopted family. These kids had never set foot in a school and probably never would. All they had were the clothes on their backs and their basic survival instincts.

Yet in their vulnerable, dirt-smeared faces, I saw something of myself - the little girl who didn't know quite where she belonged. And, in that moment, I had the overwhelming feeling that I must do something to help them. Back in the UK three weeks later, I thought of little else. Many people return from such an experience yet never act on it. But I knew exactly what I wanted to do.

'I'm going back to build a children's home in the Shimba Hills,' I told Paul and the kids.

At first they thought I was mad - but they quickly realised how important this was to me. And they saw that my sadness was finally lifting, that the broken Kerry who had gone out there just weeks earlier had returned a different person. So when I flew back out in January 2008, they were my biggest cheerleaders.

Initially, I was there for three months. I stayed with a local family, as I wanted to experience the reality of how people lived. Their house was made from mud and sticks, with a hole in the garden for a toilet, and no water or electricity. It was a simple life but they were largely happy, and it taught me so much about my priorities in life.

I realised I could manage without all the things I'd relied on back home. When I was working, it was all about saving for the next car or holiday. I wouldn't leave the house without wearing make-up, yet I often didn't speak to my neighbours for days - sometimes weeks - on end. Here in Kenya they had so little, yet the



feeling of community spirit was incredible.

And with all this time to reflect, I had to face up to some other truths. The reality was my marriage had been struggling for some time, and when I returned home that Spring, I think we both knew our life couldn't go back to how it was. We were headed in totally different directions. So with a lot of sadness, but quiet acceptance, we decided to separate.

For the next 18 months I threw myself into the charity, travelling between Kenya and the UK as I attempted to make my dream a reality. I bought an acre of land from a local farmer for £500 and drew up plans for what would become Footprints Orphanage. Back home, I raised money through bric-a-brac and car boot sales, and eventually I quit my job to focus on the project full time. It was incredibly hard work but channelling all my emotions into something so positive felt brilliant. In the Autumn of 2009, I returned to Kenya for good.

The following April, the doors of Footprints Orphanage opened. It was the proudest day of my life. Our first children were four siblings whose parents had died of Aids. Seeing how they lived broke my heart. They couldn't use a toilet, none of them had ever slept in a bed. On the way to the home, I caught one of the children, a little girl of about eight, staring intently at her reflection in the wing mirror of our 4x4. Then I realised - she'd never seen what she looked like before. But gradually they adapted to their new lives, and it was wonderful to see how they flourished.

Today Footprints is home to 29 children, aged 18 months to 18 years, and my own

kids, now in their 20s, come out to visit when they can. In that time I've become a grandmother, to Lauren's daughter Macey, now two, and I've also set up the Footprints Academy, which educates 150 local children to give them a chance for a better life.

The children here are like family, too - they call me Ma - and I'm particularly proud of a little boy called George, who was just four months old when he arrived. His mother had died and he was severely malnourished and close to death himself. He's now an adorable five-year-old, with the cheekiest grin. When he won first prize in a local poetry recital recently, I found myself sobbing with pride like any mother would. It's thanks to the home that children like George now have a bright future.

Above all, I've learnt that you don't need to have given birth to a child to love them unconditionally. It's helped me enormously when it comes to accepting my own complex family history, and I can believe now that I was just as special to my adopted mother as any birth child would have been. The children have given me a purpose and made me grateful for everything I have. I can't imagine ever going back to my old job selling package holidays - my heart now belongs in Kenya.

I believe that everything happens for a reason, and if I hadn't gone through all that pain and suffering myself, maybe I wouldn't have had the drive and passion to make a difference to other people's lives. I feel very fortunate that it worked out this way. I've been on the most incredible journey - and I really don't ever want it to end. □

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# GOOD LIFE

## THIS MONTH WITH *Lisa Stansfield*

She's been All Around The World (as anyone who loved her 1980s anthem will recall), but now Lisa is looking forward to events closer to home...

### FILMS

#### LESSONS IN LOVE

I'm looking forward to seeing Pierce Brosnan alongside Salma Hayek



Pierce Brosnan plays a Cambridge professor with a lot to learn

and Jessica Alba in this romantic comedy about a Cambridge professor who has to reassess his playboy lifestyle. I love Pierce Brosnan – my husband and I have met him and he's very gracious, a really lovely person. He's been doing more fun films recently, like this one.

#### A WALK IN THE WOODS

This adaptation of Bill Bryson's witty travel memoir stars Robert Redford and Emma Thompson. They're both so brilliant, and I loved Bryson's book *Notes From A Small Island*. His observations of England were spot on, and I'm sure this will be just as funny.



Sharing the journey: Robert Redford and Emma Thompson

### THEATRE

#### PHOTOGRAPH 51

The amazing Nicole Kidman returns to London's West End in the role of Rosalind Franklin, the English chemist whose laboratory images helped identify the double helix structure of DNA. I'm fascinated by the science and Nicole is a great actress, so this is a must-see for me.



Nicole Kidman captures life on film

### TV

#### STRICTLY COME DANCING

One of our backing singers, Andrea Grant, performs on the show, so I always listen out for her. The band and singers are amazing. I have to say I'd never go on as a contestant – I can dance on my own, but I've got no co-ordination!



Get your dancing shoes ready...

#### DOCTOR FOSTER

It's exciting to see Suranne Jones in such a great role. She plays a GP whose life unravels when she suspects her husband is having an affair. Suranne is so talented and deserves every chance to stand out on her own.

#### UNFORGOTTEN

I love losing myself in mysteries and crime shows, so I'll be watching this drama about two detectives who are trying to crack a cold case from 1976. It stars Trevor Eve and Sanjeev Bhaskar. I can never walk away until I know what happened!

### EXHIBITION

#### THE WORLD GOES POP AT TATE MODERN

I'm definitely going to see this exhibition on the history and global impact of Pop Art. My taste is eclectic and I love anything that embraces new ideas. This art movement changed everything that came after it.

#### COSMONAUTS AT THE SCIENCE MUSEUM

This exhibition traces Russia's space programme, which saw them send the first human into space.



Reaching for the stars: Russia's race into space

### MUSIC

#### FLORENCE + THE MACHINE

I think Florence Welch is absolutely incredible. I admire people who take the time to properly put a show together. We need young artists like her who can sing and write beautifully, and who have integrity. She has an amazing energy, too.



Florence Welch captivates on stage

#### LISA STANSFIELD LIVE IN MANCHESTER

I recorded this album at Manchester's Bridgewater Hall as part of my recent European tour. We had northern soul dancers performing, and a whole horn section. It's always nerve-racking going back to perform in your home town, but it was a really wonderful night. □

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Dame Eileen Atkins

# 'Happiness comes along when you least expect it'

Experience is valuable – and who better to pass on their life lessons than GH's favourite women? Veteran actress Dame Eileen Atkins shares her no-nonsense approach to life...

**Y**ou can't chase happiness. It's a bit like love. You can't say, 'I'm going to fall in love this year and I'm going to do the work and go to places and meet people.'

It's the same with happiness. The minute you stop thinking about it and believe it's never going to happen, it happens.

**I agreed to marry my second husband after two weeks.** I did think after I'd done it that it was a silly thing to do. We were chucking china and glasses at one another for a year but, oddly enough, it has worked, and Bill and I have been married for 36 years now. You never know! I'd been married before, to the actor Julian Glover for 10 years, but we were too young. We're still friendly. I know I could rely on him if I really needed him.

**Walk everywhere and never eat between meals.** I am very slim and I have been the same weight since I was 17. I like chocolate, but I'm very strict with myself and only eat one piece a day.

**When I had breast cancer, I found it easier to be alone.** You don't want to hear everyone else's emotions and how bad they feel. I took a friend with me to hospital while I was having chemo and she sat and cried! It's people who call up and say in a very gloomy voice: 'How are you?' – that voice is so alarmingly not wanted. You want a cheerful voice saying, 'How's it going? Can I do anything for you?' Be specific about offering help. Linda McCartney used to call me up. She was a wonderful woman and I had a lot of time for her.

**At 81, the biggest lesson I've learnt is that you can't control things.** You don't control love or illness. It's a fantasy that you control your life. Whatever happens to you, just roll with the punches. When you have these wonderful ecstatic moments of happiness, enjoy it and don't question it too much.

**I like having young children around,** but then I'm

**Non-stop Eileen:**  
'You have leading roles in your 30s, then you start doing wonderful things'



## For the record

\* Dame Eileen was a co-creator of the classic 1970s TV series *Upstairs, Downstairs*

\* She has won a Bafta, an Emmy and three Oliviers

\* You can catch her playing Aunt Ruth in ITV's *Doc Martin*, which is back on TV screens now

\* She once claimed that actor Colin Farrell tried to seduce her before her 70th birthday

awfully glad when they are taken away. I don't have any regrets about not having made a family for myself. It surprises me that I am perfectly content living in a totally different way. With some actresses who have had children, it's put them back in their career, so it's not always everything.

**It's silly to have work done if you're an actor,** as everyone knows how old you are. I did see one actress recently and thought maybe I should have had my face pulled about... But no, I haven't done anything like that. I can see it's tempting if you've been beautiful – it must be more difficult.

**Emailing isn't the same as a letter.** Email is just facts, not how people feel. The day I hear Maggie Smith emails, I'll learn! I keep letters, and I now realise they'll be historical objects. I have no understanding on God's earth about the selfie. Why would you want a photo of yourself? I hate having my photo taken.

### The only thing is to go on looking forward.

Everyone over a certain age has something wrong with them, and it's a bit of a bore. I don't mind a whinge for a few minutes, but I don't want to sit down to dinner and have a medical conversation or a regretful one. I met a man recently who was 100, who was wonderful and a real boost. Yes, there are boring things about ageing but also you are calmer about it.

**Work makes me content, and hard work satisfies me.** I love being in *Doc Martin*, it is an utter gift of a job. I like playing Aunt Ruth – I hate sentimental parts.

**If you're an actress over 40, don't sit on your backside.** Look at Meryl Streep, who hasn't stopped working. Helen Mirren, Judi Dench and Maggie Smith have never stopped, and I have never stopped. You may not be playing the leading part any more, but I've never not had an offer. You have leading roles in your 30s and then you start doing wonderful, odder things. There's always a part if you don't mind not being the leading role or looking awful. □

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# Bookshelf

Good Housekeeping

We bring you our favourite new hardbacks, paperbacks and e-books – from light-hearted fiction to literary gems

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## ON MY BEDSIDE TABLE

### Carol Klein



Gardeners' World presenter Carol Klein is appearing at the Write On Kew\* literary festival on 24 September, to talk about her latest gardening guide, *Making A Garden*. Here, she shares the five books she has read most recently.

◆ I often swap books



with my daughters, Annie and Alice. The latest one Alice passed on to me was

**AMERICANA** by DON DELILLO. It's about a man's disenchantment with the American dream and it's an eye-opening read.

◆ **RHS LATIN FOR GARDENERS** by LORRAINE HARRISON is a constant companion at the moment. It's full



of beautiful illustrations and descriptions of what plant names mean. Not only is it fascinating, it's incredibly useful.

◆ I'm a huge fan of **GRAHAM GREENE**, for his fabulous storytelling but also for his sense of humour. Set in Cuba in the 1950s, **OUR MAN IN HAVANA** is a satire on the world of spying. The hero is a bumbling

vacuum cleaner salesman who gets caught up in the world of espionage, with hilarious consequences.

◆ Even Charles Rennie Mackintosh's most abstract works are based on nature, and I think that's why I'm so drawn to them. I didn't know much about him before I bought **ART IS THE FLOWER** by **PAMELA ROBERTSON**, but she really gets under the skin of the man and the artist.

◆ **DIGGING** by **SEAMUS HEANEY** (which appears in his New Selected Poems 1966-1987) is quite possibly my all-time favourite poem. His imagery is so wonderfully vivid.

## Good Housekeeping's HOT READS



◆ Booker Prize winner

**Pat Barker** completes her captivating *Life Class* trilogy with **Noonday**. The art students we met in the first book are now middle-aged and facing difficult choices in a London battling through the Blitz.

◆ In the new offering from **Jonathan Franzen**, a young woman searches for the father she's never met. **Purity** is an American epic about

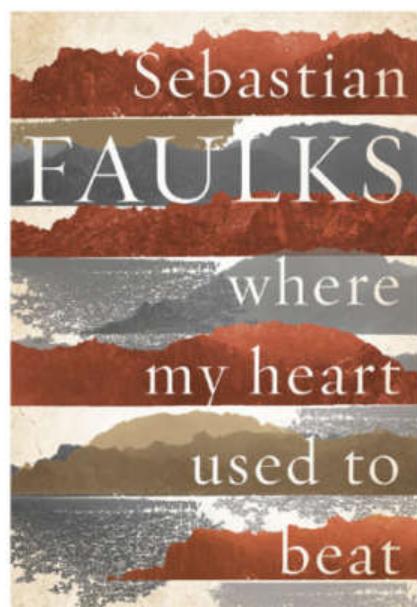
big ideas, written in a very readable way.

◆ The latest novel from **William Boyd**, **Sweet Caress**, is a beautifully written, sweeping tale of the 20th century seen through the lens of photographer Amory Clay, who starts out as a society snapper in 1920s London and moves through the decades recording events, including the Vietnam War and beyond.

## Book of the month

The terrors of the First World War were painfully brought to life by **SEBASTIAN FAULKS** in his biggest seller, *Birdsong*. Now he returns to

the same fictional territory with his 15th novel, **WHERE MY HEART USED TO BEAT**. When Robert accepts an invitation to stay with a man who fought alongside his father, it leads him to a new understanding of his own experiences of combat. Expect a passionate story of love lost, delivered by a master storyteller.

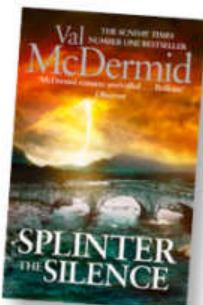


# Bookshef

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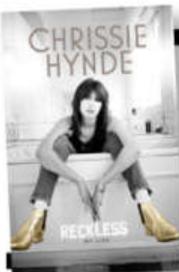
## THRILLERS OF THE MONTH

- ◆ No one rivals **VAL MCDERMID** for her skill at writing truly terrifying thrillers. **SPLINTER THE SILENCE** brings back Tony Hill and Carol Jordan, who are investigating a series of mysterious suicides where the victims have all been targeted by cyber bullies.
- ◆ Our 2012 GH novel competition winner, **DIANA BRETHERRICK**, returns with another fast-paced, atmospheric slice of historical crime. In **THE DEVIL'S DAUGHTERS**, a string of young women go missing, and signs point to a satanic serial killer who must be found before he strikes again.
- ◆ One minute Rachel's eight-year-old son is running ahead of her down a path, the next he's gone. **BURNT PAPER SKY** is a very clever, tautly plotted page-turner from a terrific new writer, **GILLY MACMILLAN**.



## Best non fiction

- ◆ From her rebellious teenage years to the massive success of the Pretenders, **RECKLESS** by **CHRISSIE HYNDE** is a no-holds-barred memoir. Frank, fearless but also lots of fun.

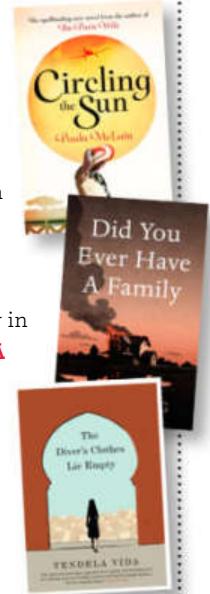


## Also out THIS MONTH

- ◆ A new novel from **SANTA MONTEFIORE** is always a real treat. The first book in a planned trilogy, **SONGS OF LOVE AND WAR** follows a friendship between three women who come from very different backgrounds.
- ◆ **Salman Rushdie** returns with his first novel in almost a decade. **TWO YEARS, EIGHT MONTHS & TWENTY-EIGHT NIGHTS** blends Arabian myth, history and sci-fi into a whirlwind of a fable.
- ◆ **THE LAST KISS GOODBYE** is the romantic new read from **TASMINA PERRY**. When Abby investigates an old photo found in a
- London archive, she unravels a long-buried secret love story.
- ◆ A couple struggle to hold on to their dream of opening a restaurant in **THE FOOD OF LOVE** by GH's **PRUE LEITH**. An enjoyable multi-generational saga.
- ◆ Four siblings spend a last holiday at their late mother's home before they sell it. In **THE PAST**, author **TESSA HADLEY** has a superb eye for detail.
- ◆ In **THE MISTAKE I MADE** by **PAULA DALY**, a woman is offered a life-changing amount of money for one night with a stranger. But is there a bigger sacrifice to be made than she realises?

## ONES TO WATCH

- ◆ **PAULA MCCLAIN** follows up her bestselling debut, *The Paris Wife*, with another fictional memoir. **CIRCLING THE SUN** is a searing novel based on the life of Beryl Markham, the first British woman to fly the Atlantic solo.
- ◆ The night before her daughter's wedding, June loses her entire family in a house fire. **DID YOU EVER HAVE A FAMILY** by **BILL CLEGG** is a heart-wrenching yet uplifting read.
- ◆ In **THE DIVER'S CLOTHES LIE EMPTY** by **VENDELA VIDA**, a woman seeks an escape after her marriage breaks down - full of surprises, it demands to be read in one go.

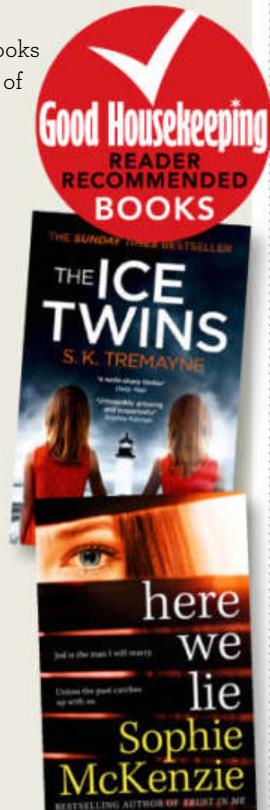


# Good Housekeeping

## READER RECOMMENDED

Look out for the Reader Recommended logo on books read and loved by a panel of GH readers. Here are two they enjoyed this month:

- ◆ **THE ICE TWINS** by **S K Tremayne**  
'Gripping from beginning to end. A haunting tale that takes you to the edge of your comfort zone.'  
'A tightly woven plot from a writer with great technical ability.'
- ◆ **HERE WE LIE** by **Sophie McKenzie**  
'A five-star book, fast-paced and modern.'  
'A believable plot, well written, and with great characters.'  
'Just when I thought I had the ending worked out, there was a real surprise. A good read.'



\* Love books? Join Good Housekeeping's online reading group at [facebook.com/groups/GoodHousekeepingBookRoom](http://facebook.com/groups/GoodHousekeepingBookRoom) for book chat, giveaways and more.

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# The NEW ways we're making **MONEY NOW!**

From selling on-trend fashion and beauty brands to hosting visitors from all over the world, we've found some great new ways to make a little bit on the side...



## HOME-SELLING PARTIES JUST GOT COOL!

Once upon a time, we served Blue Nun with cheese and pineapple on sticks while flogging a lifetime's supply of lunchboxes. Now, it's all Prosecco, canapés and high-end fashion, beauty and jewellery...

French fashion brand Captain Tortue ([en.captaintortuegroup.com](http://en.captaintortuegroup.com)) specialises in collections inspired by the latest trends, made wearable for different

ages and body shapes, and sold at home-based Style Shows. You invite a few friends – the company suggests four to six – and a Style Consultant will present the range, share style tips and advise on dressing for different sizes and shapes. As the host, you get a discount and credits to spend on the range, based on how much your friends buy.

You can become a Style Consultant yourself by paying a deposit of £99 for a starter collection, which costs £300 in total. The £201 balance is payable at the end of the season, but if you meet the sales target – which the company says should be achievable if you hold 10 parties – you get

Why not offer your house as a style party venue or a new-wave B&B?

...go the jewellery route with an exclusive twist...

...or volunteer your services for market research and focus group sessions...



your deposit back and pay nothing. You earn commission on sales, and an average show makes the consultant £200. Once you've invited everyone you know to one of your parties, you'll need to start marketing: social media is a good way to spread the word.

From San Francisco, Stella & Dot ([stelladot.co.uk](http://stelladot.co.uk)) sells jewellery and accessories seen on the likes of Jennifer Aniston and Sheryl Crow, through home selling parties, known as Trunk Shows. As a host, you'll be assigned a Stylist, who'll help with sending out invitations and present the range on the night. You get a





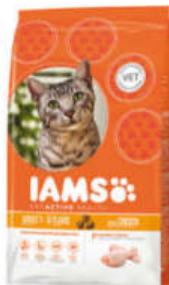
**One of these is full of health benefits and costs 33p.\*  
The other one's an apple.**

When you feed cats IAMS you give them all the daily nourishment they need to help promote a healthy heart, skin, teeth, eyes and a shiny coat.

Plus a strong immune system, muscles and healthy digestion.

Should be enough to keep the doctor away!

**IAMS**®



\*The cost of a meal of IAMS is based on the recommended feeding amount for a 4kg cat, and the price seen on tesco.com on 17.03.2015. Your cat may eat more or less depending on age, temperament and activity.

[CONTINUED FROM PREVIOUS PAGE] discount and credits based on sales, starting at £30 in credits and 40% off two items if your guests spend £300, which rises as they spend more.

If you want to make more, Stylists earn a 25-35% commission on sales, and an average show takes £650. You'll need to pay for a £169 starter kit, and will get online training and your own website.

Established by beauty journalist Kate Shapland, My Showcase (myshowcase.com) offers an edited collection of skincare and make-up from boutique brands like Face Stockholm and Shavata, sold through at-home Showcases. The company sends out the invitations for you – it recommends eight to 12 guests – and sends a Stylist to show the products and offer lots of insider tips. As host, you get a 20% discount on anything you buy on the night, and a £40 voucher to spend later.

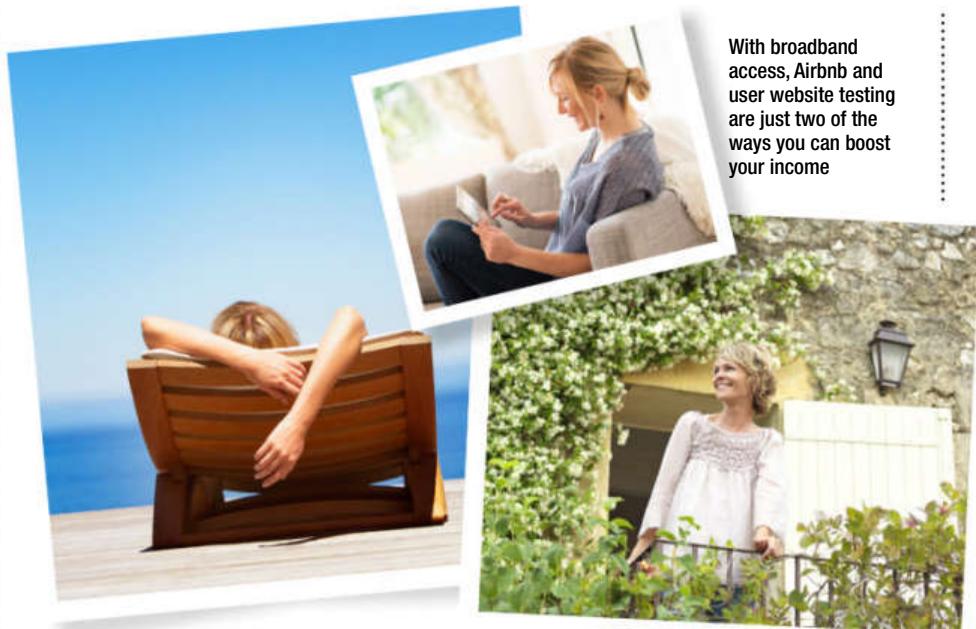
If you'd like to become a Stylist, the starter kit, with £400 worth of products, is £199, and you get full training. You'll earn 15-30% commission on your sales, and holding one to two showcases a week could make you around £500 a month.

## MAKE YOUR HOME EARN ITS KEEP

Gone are the days when a landlady could offer a dingy room to rent – now it's all about sprucing up your space and welcoming international (paying!) travellers looking for a home from home

It's become known as the place to find cheap holiday homes, but Airbnb (airbnb.co.uk) started out offering spare rooms to travellers, and still does. So if you have an extra bedroom, you can make some money and meet people from all over the world. Listing your room is free, and you decide the price and set the dates when it's available; Airbnb takes 3% of what you charge. Rates vary widely, but the average for a spare room in London, for example, is £56 per night. Both hosts and guests post reviews after a stay, so if you prefer, you can choose only to accept guests with good reviews.

You'll need to be there when guests arrive, and contactable in case of problems, but you don't have to have more contact if you don't want to. Even so, it helps if you're a sociable person who likes meeting new people and isn't too precious about your personal space – and if you can't bear the thought of a stranger sharing your bathroom, it's not for you.



With broadband access, Airbnb and user website testing are just two of the ways you can boost your income

'My toes curl at the thought of selling – but this is just friends getting together'

**When Emma Drury-Dryden was on maternity leave, she discovered a whole new way of boosting her income while making friends at the same time**

'My sister hosted my first home-selling party, then some mums from my children's school, and my career as a My Showcase Stylist took off from there. Now I average two Showcases a week, at lunchtime or in the evening, and also spend time most days promoting it on social media.'

'I'm not a salesperson at all – my toes curl at the thought of selling. But the training stressed that this wasn't about a hard sell. What you aim to do is give people a good experience. A good party just feels like friends getting together – most people buy something, and that's great, but some don't, and that's fine, too.'

'It's very sociable, which I love, and it's meant I've spent lots of time with old friends and made some new ones. If I wanted to do it full time, I could make a very decent income from it, but at the moment, it gives me a nice extra bit of money to buy clothes for the kids or take them for days out – and I really enjoy doing it.'

## OTHER MONEY SPINNERS...

Like the sound of spending the evening chatting to other women about beauty brands or your favourite magazine? Market research companies, such as Research Opinions (researchopinions.co.uk), are always on the look-out for people to take part in focus groups and you'll earn up to £80 for a couple of hours. Most take place in big cities, and you'll be contacted if you live locally and meet the criteria required by the company carrying out the research.

Make a little extra by testing websites before they launch through User Testing (usertesting.com). All you need is a laptop and a broadband connection. Each session takes around 20 minutes and pays around £5, all from the comfort of your sofa.

## WHAT YOU NEED TO KNOW...

You can make up to £10,600 a year without paying income tax, although you'll have to declare your extra income to the Inland Revenue.

Speak to your insurance company if you're inviting people into your home for the purpose of making money. Some charge an extra premium, and you'll need public liability insurance.

Check that any party plan-type employer is a member of the Direct Selling Association (dsa.org.uk).

Start-up costs can be expensive, so read the small print before signing up. □



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The new Braun CareStyle 5 ironing system with iCare technology. Designed to make a difference.





# Ask our experts

## Know your NEW rights - and use them!

We love it when laws are supercharged to give added muscle to shoppers. The Consumer Rights Act, kicking in on 1 October, means we'll have more power, especially in the digital zone

### Digital buys are protected

That episode of House Of Cards you've bought stops halfway through streaming? You're now entitled to a full replacement or repair of any faulty digital content, such as online movies, e-books, music downloads and games. If replacement isn't provided within a reasonable time or a repair isn't possible, you can ask for your money back.

### The 30-day rule

Items once had to be returned 'within a reasonable amount of time'. Now you'll have a set 30 days to return a new buy if it's faulty and can expect a full refund within that period, too. So if your new straighteners give up after two weeks, you can go to the retailer and ask for a new pair or refund - no quibbles. And if the retailer's fix for a faulty item fails

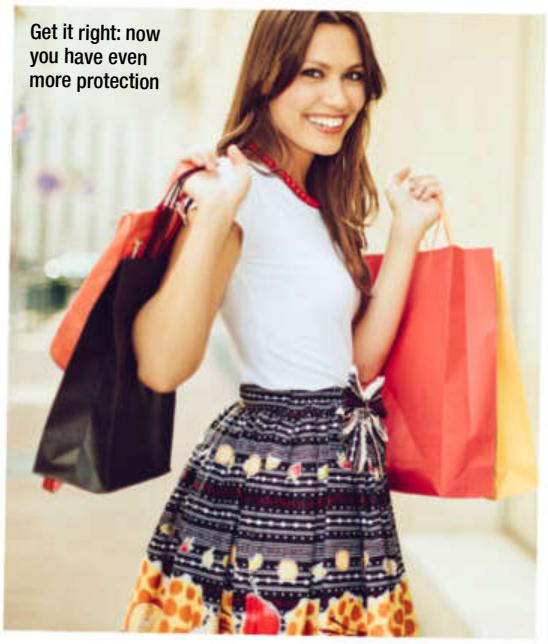
(or if a replacement does), expect a refund, even after the first 30 days.

### Shoddy workmen beware

Not happy with the service you've received? You now have a clear right to demand a price reduction on substandard work - or to ask for it to be redone. For example, you hire a catering company for a party at a cost of £500, but on the night it doesn't provide all the dishes agreed upon in the contract. As the evening has passed and the company cannot fully honour the contract, you can now ask for a reduction in price (if not a full refund) for substandard service.

### No more small print

Consumers can now challenge unfair or hidden terms and conditions a lot more



easily, too. Even better news: this applies even after you've paid for a service. So if you buy a plane ticket and find out at check-in that you have to pay an unreasonable excess baggage fee thanks to a clause hidden in the small print, you can object to the payment. From 1 October, consumers can query with the company concerned anything in the terms that isn't prominent and transparent.

**Q** Can I watch TV and films on long journeys without it costing a fortune?

**A** Countless online TV and movie services, from BBC iPlayer to Netflix, can be watched on a laptop, tablet or smartphone. Here's how to use them without incurring huge fees. **USE WI-FI** Watching a 30-minute show using

3G/4G uses as much as 200MB of data so you could very quickly eat through your monthly allowance. To save money, stick to using Wi-Fi instead. It's available in many airports and stations and even on some trains, including Virgin and First Great Western (but some train companies do charge). It's safe to use the free Wi-Fi - but don't check emails, open mobile banking or social networks on this connection.



of favourite shows or films (if they're part of your package) on their smartphones or tablets via Sky Go (on three devices at any one time) or Virgin Media TV Anywhere (two devices). **GHI TIP** If you watch live TV, you'll need a TV licence.

**CHECK YOUR COSTS** Sky and Virgin Media viewers can watch live TV, episodes

**WATCH OFFLINE** Some services let you download shows to watch later offline - perfect for plane journeys. It's also cheaper than watching via 3G/4G. BBC iPlayer and All4 let you download shows to Windows laptops, Apple iPads/iPhones, and Google Android devices. Amazon Prime Instant Video lets you download some movies and TV shows, but only if you've got an Amazon Fire phone or tablet. Sky customers can upgrade to Sky Go Extra, for £5 a month, to download shows to a portable device.



DOING THE SAME THING  
FOR 200 YEARS MAY SEEM  
DULL. BUT IT ENSURES  
OUR MUSTARD NEVER IS.

*The way we make it says it all.*



# Does your will cover FACEBOOK?

With so much of our lives now played out online, it's important to plan what will happen to our digital presence when we die

**S**ocial media is central to our lives, with people sharing images, videos and thoughts online on a daily basis. But what happens to our Twitter and Facebook accounts when we're no longer here? The concept of a digital legacy is a relatively new one. 'There aren't yet substantial legal procedures in place to protect your online presence when you pass away,' says Emma Myers, from Saga Legal Services. 'Therefore, in the same way that you make a plan for your physical possessions when you die, you should do the same for your digital content.' Here's our advice:

**1** Keep a list of your online accounts and their logins, especially if sensitive card information has been stored. However, never include online usernames and passwords in your will, as it could become a public document after death – instead, provide details in a sealed letter alongside the will, addressed to the executors.

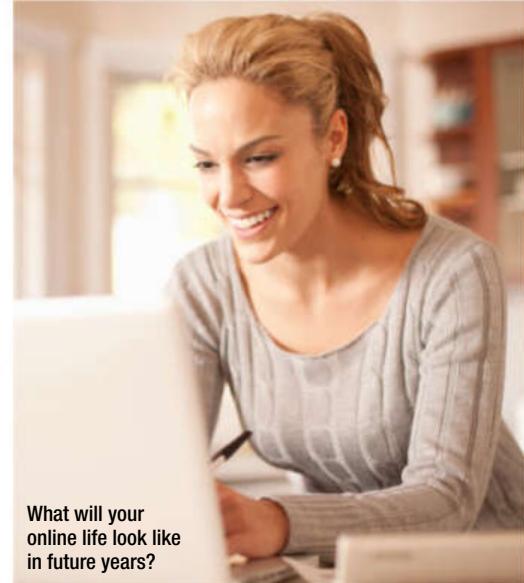
**GHI TIP** A digital deactivation document from Saga Legal Services gives a list of

the most popular websites and how to access and close accounts on behalf of a deceased relative. We also found Co-op Funeralcare's online guide useful.

**2** Plan for your social media afterlife. Facebook's new Legacy feature enables account holders to nominate a friend or family member to manage their profile after their death. Facebook profiles can also become memorialised once someone passes away – the word Remembering is added as a prefix to their profile name. It won't show up in public searches but friends and family can still post and share photos. Facebook pages can also be closed down. On Twitter you can only request to deactivate the account.

**GHI TIP** Facebook and Twitter both need a death certificate and proof that the person making the request is either immediate family or authorised to act. Find contact information in both sites' help sections.

**3** Much like an epitaph, some social media users are even leaving a final Tweet or Facebook status in their last



What will your online life look like in future years?

wishes, to be uploaded on their death.

**4** Many of us have thousands of digital photos stored on cameras, laptops and photo sharing sites. To preserve them, get physical copies of favourites printed, and copy originals on to a hard drive.

## NEED TO KNOW

Films, books and music you digitally download no longer belong to you on your death. When we download digital content we pay for a licence to use it during our lifetime. We don't have the right to pass it on. Quite shocking given that the average adult owns £265 worth of digital assets. Despite this, it's still worth leaving details stating who you'd like to pass these assets on to as this may change in the future.

## ADVICE WORTH READING

We're loving a new book aimed at anyone who doesn't know an APR from an EAR\*. **Money Made Easy 2015-16**, written by financial journalists Mark King and Laura Whitcombe, is a hand-holding guide to all you need to know about money management.

It covers everything from how to sell property to types of ISA, including a guide to the new pension rules, all in easy-to-understand, jargon-free language.

## MOTH ATTACK!

**Q**I've had moths in my bedroom before but now I've noticed a few around food in the kitchen, too. Should I worry?

We're afraid to say that, yes, you should. Moths can wreak just as much damage in the kitchen as in our wardrobes. Pantry or Indian meal moths are attracted to grains, dried herbs and sweets. They get into opened packets and lay eggs which, if left, eventually hatch into larvae, contaminating your food.

A fine cobwebby thread in packets of opened food is the

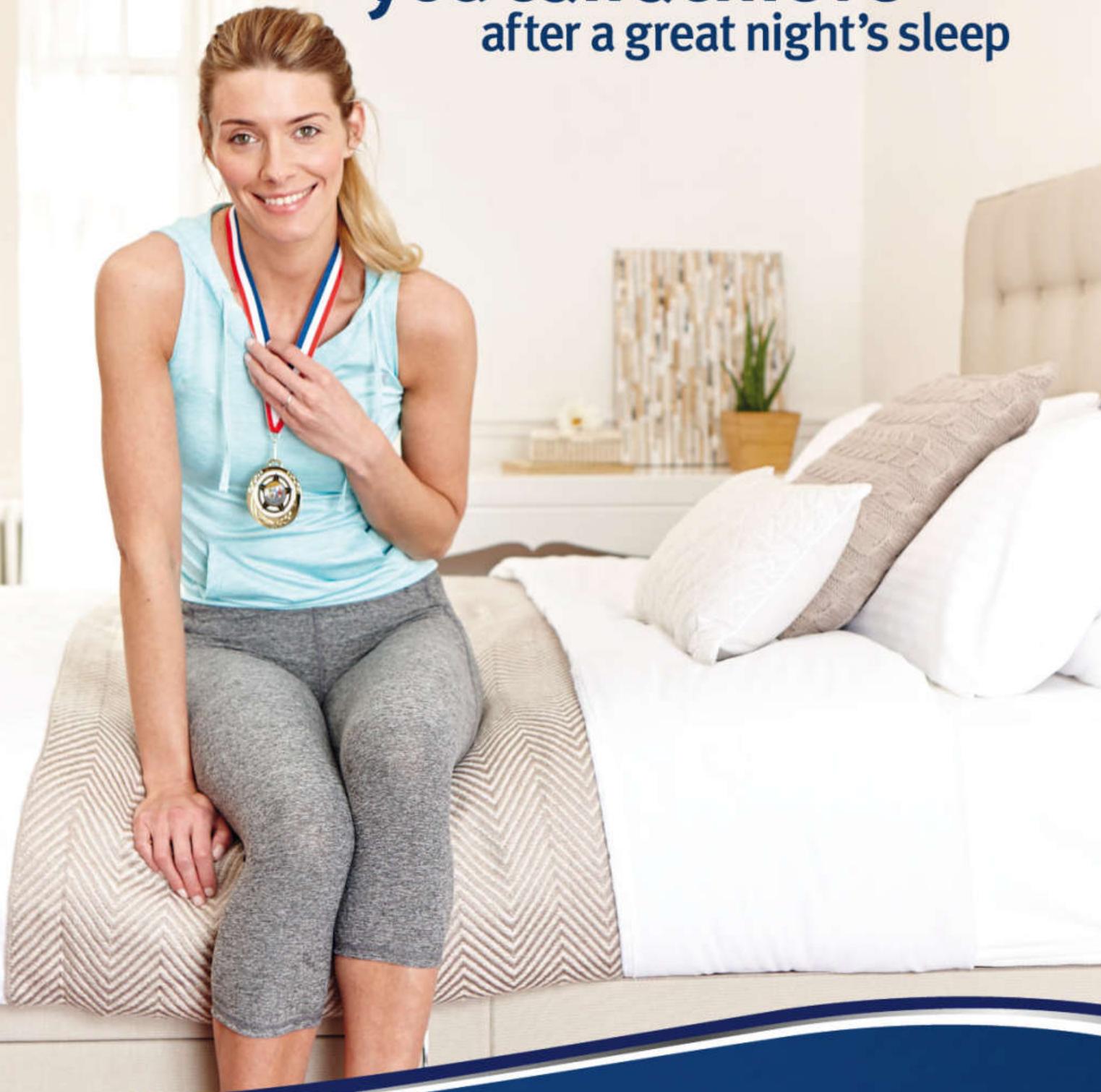
first clue – it should be binned in an outside rubbish bin at once. Watch out for larvae, which look like small worms. Put anti-moth sachets or natural moth repellents, such as lavender sprigs or cedar, mint or bay leaves, in cupboard corners as a deterrent. Vacuum the area and be sure to get rid of vacuum bags. Wipe down all surfaces inside cupboards with an anti-bacterial cleaner. In future, keep opened packets in airtight plastic containers or store in the freezer or fridge – even spices!

If you've done all this and still can't get rid of the moths, it's time to call in the professionals. Look for a local pest controller at [bpcab.org.uk](http://bpcab.org.uk).

Keep out! An airtight jar is the best way to store dry food



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after a great night's sleep



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The secret to  
a great night's sleep



# GET THE GLOW GADGET

The idea behind facial cleansing brushes is similar to electric toothbrushes – the vibrations claim to give skin a super-deep clean. But are these pricey devices really worth the investment? The GHI investigates...



## WINNER

*Philips VisaPure Pink*

£150 ■ 2 settings

■ Comes with sensitive brush head

1 Scored highest in user satisfaction, full marks for cleansing abilities in our lab tests.

2 Brush head was gentle but effective, leaving testers' skin feeling clean and soft.

3 Nine out of 10 users agreed their skin looked smoother and more radiant after a week's use.

4 Slim handle was easy to hold.

5 Some found charging the device tricky as it's hard to align the brush handle into the stand.

**Stockist:** boots.com

93/100



## RUNNER UP

*Clarisonic Mia 2*

£125 ■ 2 speed settings

■ 30ml cleanser included

1 Top score for make-up removal in our lab tests, and testers scored it well for cleansing.

2 Majority of testers found skin condition was improved after a week of use, with pore size reduced for some.

3 Easy to operate and comfortable to hold.

4 Panel liked useful timer function that buzzes at intervals so face is evenly cleansed.

5 Brush head is quite big, so it's difficult to access some areas, such as the sides of the nose.

**Stockist:** clarisonic.co.uk

92/100



## RUNNER UP

*Magnitone Pulsar*

£129 ■ 4 settings

■ Separate brush head for use on body

1 Over 80% of testers felt use improved their skin's radiance. 'After a week my skin felt smoother and had more glow,' said one.

2 Long handle made the device easy to hold.

3 Testers praised gentleness compared with regular exfoliators.

4 Instructions on how to use different settings aren't very clear.

5 For most, body brush attachment wasn't as effective as face brush.

**Stockist:** lookfantastic.com

92/100



## RUNNER UP

*Braun Face*

£69.99 ■ 1 setting

■ Comes with facial epilator, lighted mirror and cleaning brush

1 Testers found skin felt noticeably cleaner after use and scored it well for improving skin softness, too.

2 Great multi-tasker, as can also be used with epilator head for facial hair removal.

3 Slim, lightweight and easy to operate, and compact for travel.

4 Quiet during use.

5 Battery insertion is a little fiddly, and there's no timer function.

**Stockist:** boots.com

91/100



## BUDGET BUY

*Silk'n Sonic Clean Plus*

£55 ■ No attachments

■ 2 settings, 2 modes

1 This was our top scorer for ease of use; testers found it simple to operate and charge.

2 Noticeable benefits for smoothness in testers' skin. 'After three days someone commented on how good my skin looked,' said one.

3 Comfortable to hold.

4 For some, the larger brush head made it tricky to reach some areas, like the sides of the nose.

5 Testers with sensitive skin found it too powerful to use daily.

**Stockist:** debenhams.com

90/100

WORDS: NATHALIE BONNEY, CLARE DURRANT, LAURA LAKER. PHOTOGRAPHY (POSED BY MODELS AND NOT NECESSARILY WITH PRODUCTS FEATURED): GETTY

## SUPER-CYCLE!

Made a post-holiday resolution to start a health kick? Cycle To Work week, in early September, is a good excuse to get back in the saddle and take up biking – a great all-round, low-impact workout. Hybrids are the best general-purpose bikes: they have a lightweight frame and powerful mountain bike-style brakes. We trialled 10 hybrids to find the best.



## WINNER

*Hoy Shizuoka .002* £695

1 Light and responsive 2 Makes light work of hills 3 Powerful, easy-to-use hydraulic brakes

**GHI VERDICT** If you're looking for a sporty ride to cover the miles with ease, this is the bike for you – a mix of high-spec components and lightweight frame makes the Shizuoka a real joy to ride, smoothing out bumps well, even along a stony towpath. □

\* For full results, go to [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)

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BEST *of the* BEST

TRIED & TESTED

# Good Housekeeping HALL of FAME 2015



Good Housekeeping's famous Tried & Tested product reviews have been saving the nation money for more than 90 years. From A to Z, there isn't much the GHI hasn't tested! Here's our pick of the best of more than **2,000 products** that have been through our test lab recently



# A

## ACTIVITY TRACKER

Epson Pulsense PS500B

**78/100** £169.99 ◆ Tracks distance, steps, sleep and calories ◆ Built-in heart-rate monitor ◆ Receives notifications from your smartphone

**GHI VERDICT** Easy to use, compatible with Google Android and iPhones, and the 1.5in screen is easy to see while exercising. Stockist: [epson.co.uk](http://epson.co.uk)

\* **Can't I just use an app?** Smartphone apps aren't as accurate as activity trackers, which are worn on the body. Smartphones also struggle to track sleep properly.



24  
tested



52  
tested

# C

## COFFEE MACHINE

De'Longhi  
Nespresso  
Latissima+

**84/100** £207.99  
◆ 1,300W ◆ 0.9L water tank  
◆ Uses Nespresso pods

**GHI VERDICT** A compact, easy-to-use pod coffee machine. The built-in milk frother heats and aerates milk, so you can easily create cappuccinos and lattes at the press of a button. Stockist: [johnlewis.com](http://johnlewis.com)

\* **Pods vs filters?** Pods are a convenient and mess-free option, but pod machines do tie you into buying a specific brand of pod. If you like to experiment with different types of coffee or want to make large quantities at a time, a filter coffee machine is best.

# E



8  
tested

## E-READER

All-new Kindle  
Paperwhite

**89/100** £169  
◆ 6in touchscreen display ◆ Holds up to 1,000 books ◆ Built-in 3G that's free to use in over 100 countries  
◆ Eight weeks' battery life

**GHI VERDICT** Really straightforward to use and very speedy when it comes to downloading books and turning pages. There's a built-in light for reading in the dark and a great selection of titles in the Amazon Kindle e-bookstore.

Stockist: [amazon.co.uk](http://amazon.co.uk)

\* **How do I find free books?** Search your e-book store for 'free books' and set the price filter to zero, or sign up to BookBub to get emails about free or low-priced books. You can also borrow e-books from your library in ePUB format, which works with Nook, Kobo, Booken and Sony e-readers, but not Kindles.



24  
tested

# B

## BLENDER

Sage by Heston  
Blumenthal  
The Boss  
Blender

**92/100** £499.99

◆ Dishwasher-safe attachments ◆ 2L jug capacity ◆ 2,200W

### GHI VERDICT

A powerful blender. It can heat soup, crush ice and blend very smooth smoothies. Useful pre-set functions and the 12 variable speeds really put the user in control. Stockist: [johnlewis.com](http://johnlewis.com)



# D

31  
tested

## DISHWASHER

Grundig GNF41810W

**92/100** £449

◆ 13 place settings ◆ Energy rating: A+ ◆ Eight programs

**GHI VERDICT** This generously sized dishwasher has a good range of programs and is an excellent performer. It's really easy to use and the eco function is very efficient. Best of all, it's lovely and quiet. Stockist: [currys.co.uk](http://currys.co.uk)

\* **Does a dishwasher really use less water?** To wash a full load in the dishwasher (holding 12 place settings) uses 12-18L of water. Washing up the same dishes by hand would use 32-40L.

# F

## FOOD PROCESSOR

Magimix Cuisine  
System 5200XL

**92/100** £319.95-£339.95

◆ 1,100W ◆ 1.2L-3.6L capacity ◆ Accessories: three bowls with blades,

citrus press, dough blade, egg whisk, 2mm and 4mm slicing/grating discs, BlenderMix attachment for maximum smoothness

**GHI VERDICT** Excellent performer and very versatile. The extra-large feed tube is great for large quantities. Stockist: [johnlewis.com](http://johnlewis.com)



31  
tested

\* **For more of our test results, practical advice and buying guides to help you choose the right product, visit [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)**

## G

## GPS WATCH

TomTom Multi-Sport Cardio

91/100 £209.99 ◆ 1.25in screen ◆ Built-in heart rate monitor ◆ Eight hour battery life ◆ Waterproof up to 50m

**GHI VERDICT** A great sports watch, fast to pick up a GPS signal, which remains stable. Simple to use and speedy to recharge. Stockist: [tomtom.com](http://tomtom.com)

7 tested

## T



47 tested

## IRON

AEG 4 Safety Precision DB6146 GR-U

88/100 £89.95

◆ 2,400W ◆ 350ml tank capacity ◆ Weight when full: 1.5kg ◆ Variable temperature settings

**GHI VERDICT** Easy to operate and reaches temperature quickly. Large tank capacity and good crease removal on all fabric types. Stockist: [johnlewis.com](http://johnlewis.com)

\* To remove burnt-on or sticky deposits on your iron's soleplate, use a proprietary soleplate cleaner, such as Hot Iron Cleaner, £4.99, from Lakeland. Alternatively, heat the iron on a warm setting and rub it across a damp, loosely woven cloth or coarse towel held taut over the edge of the ironing board.

## K

## KETTLE

Breville VKJ595

Spectra

Illumination

BRITA Filter Kettle

91/100 £46.06

◆ 3,000W ◆ 1L jug capacity

**GHI VERDICT** Fast boiling and quiet in use, the illuminating kettle casing adds an element of fun. The built-in Brita filter is particularly useful for hard water areas. However, the capacity is only one litre, so it's not ideal for large families. Stockist: [johnlewis.com](http://johnlewis.com)

72 tested

## M

## MICROWAVE

Daewoo KOR-6L6BDBK

89/100 £69.96



34 tested

◆ 20L capacity ◆ Five auto-cook programs ◆ Touch controls

**GHI VERDICT** Performed well, particularly when reheating chilled ready meals and defrosting meat. We liked the simple design and touch-control menu. It struggled to heat frozen ready meals – if food is cold in the centre, heat in 30sec bursts until the base of the container feels hot. Stockist: [direct.asda.com](http://direct.asda.com)

\* To get rid of food smells, put half a lemon in a bowl of water in the microwave, then blast on high for 30sec.

## H

## HAIR STRAIGHTENERS

Remington Silk S9500

93/100 £84.99

**GHI VERDICT** 10 different temperature settings enable ultimate control. Quick to heat up, with a clear temperature display. These straighteners glide through hair easily and reach roots well, giving excellent results. Stockist: [amazon.co.uk](http://amazon.co.uk)

33 tested

## J



13 tested

## JUICER

Veto Juicers V-3000 Slow Juicer

88/100 £109 ◆ 400W ◆ Reverse function ◆ Comes with cleaning brush **GHI VERDICT** A straightforward, quiet masticating juicer that produces a high volume of juice with little froth or waste. Stockist: [vetojuicers.com](http://vetojuicers.com)

## I

## LAPTOP

Dell Precision 3800

85/100 £1,719

◆ Runs Windows 8.1 ◆ 15.6in touchscreen ◆ 512GB Solid State Drive (SSD) ◆ Three USB 3.0 ports for fast data transfer

**GHI VERDICT** A stylish, powerful laptop. It's not for those on a tight budget, but it has an excellent touchscreen and the touchpad buttons have a lovely feel. Stockist: [dell.co.uk](http://dell.co.uk)

55 tested

\* Make sure your laptop is protected by downloading anti-virus software (AVG, Microsoft Security Essentials and Avast all offer free security programs) and updating it regularly.

# N

◆ 6in touchscreen ◆ UK, ROI and European maps

◆ Traffic information

wherever you are, without a data connection ◆ Free lifetime map updates

**GHI VERDICT** Simple to use, as well as accurate. The advanced lane guidance, which shows you which lanes to take at junctions and on motorway exits, makes driving unknown routes a less stressful experience. **Stockist:** [halfords.co.uk](http://halfords.co.uk)



11  
tested

## NAVIGATE (SATNAV)

TomTom GO 6000

90/100 £199.99

# OVEN

AEG

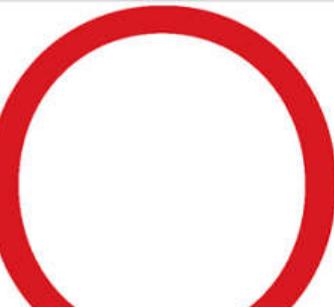
BS7304001M

Electric Oven

92/100 £1,070.46

◆ 17 functions ◆ Energy rating: A ◆ 73L capacity

**GHI VERDICT** A superbly performing multi-function oven. Some useful extra features, such as a steam function for cleaning. The grill was particularly efficient, with an even heat distribution for better browning results. **Stockist:** [appliance-world.co.uk](http://appliance-world.co.uk)



45  
tested

# P

## PANS

Le Creuset

Toughened Non-Stick range

81/100 FROM £79-£110 EACH

◆ Range includes: 14cm milk pan (1.6L), 18cm saucepan (2.8L), 20cm saucepan (2.9L) and 28cm frying pan (3L) ◆ Aluminium exterior ◆ Non-stick interior ◆ Stainless-steel handles and lids

**GHI VERDICT** A top-performing range that scored well in all tests. Cooking results were consistent on all hob types. Easy to clean, as there was no sticking. They're heavy but side handles on some pieces help.

**Stockist:** [lecreuset.co.uk](http://lecreuset.co.uk)

30  
tested



\* For ovens that need cleaning, **Oven Mate** is the GHI's number-one choice. It effortlessly tackles tough, dried-on stains without you having to scrub for hours.

# Q

(BB) Q

Grillstream Classic 3 Burner Roaster with Side Burner GSCL30BL

85/100 £349

◆ Cast-iron griddle, double cast-iron grills, side burner and warming rack ◆ Storage cabinet and side shelves

**GHI VERDICT** A well thought out barbecue. Meat was evenly browned, with a good barbecue flavour. Burners are fitted with automatic ignition and can be used independently. Easy to manoeuvre. **Stockist:** [lgoutdoor.co.uk](http://lgoutdoor.co.uk)



26  
tested

# R

## RADIO

Pure Evoke D2 DAB/FM

Radio D240

84/100 £89.95

◆ 20 pre-sets ◆ 3.5mm line-in connector, so you can play music stored on other devices ◆ 1.6W ◆ Dimmable display with track titles, artists and programme info

**GHI VERDICT** A compact digital radio with a crisp sound. Optional ChargePAK battery is great for use on the go. Has an alarm feature that sets to a station of your choice. **Stockist:** [johnlewis.com](http://johnlewis.com)



32  
tested

\* Can you get DAB digital radio everywhere in the UK? Coverage of BBC national digital services is currently 94% and local DAB is available to 72% of the population. To check coverage in your area, visit [getdigitalradio.com](http://getdigitalradio.com).

# S

## STEAM CLEANER

Vax Steam Fresh Combi S86-SF-C

79/100 £159.99

◆ 3.7kg ◆ 1,600W suction power ◆ 0.26L water tank capacity ◆ Up to 15 minutes' steaming time

**GHI VERDICT** Great all-rounder with excellent results on hard floors, leaving vinyl flooring, in particular, superbly clean. The handy compact scrub brush is great for removing stubborn stains and can also be used to clean hobs, taps, windows and mirrors. Simple to use, with a fast start-up time of 30 seconds. **Stockist:** [vax.co.uk](http://vax.co.uk)



35  
tested

T

**TOASTER**

KitchenAid Two Slice Toaster  
5KMT221 **94/100 £89.95**

- ◆ 1,100W ◆ Seven shade settings

**GHI VERDICT** A great all-rounder thanks to its choice of settings, from Keep Warm to the Bagel function, which toasts on only one side. The browning is consistent and there is a handy LED countdown timer. **Stockist:** [johnlewis.com](http://johnlewis.com)



**65**  
tested

\* The GHI team toasted more than 4,000 slices of bread and 250 bagels to find the best toaster for your loaf.

**UNSUNG HERO**

E-cloth General Purpose Cloth  
**90/100 £4.99**

**GHI VERDICT** A handy and efficient cleaning cloth for all sorts of tasks around the home, from cleaning countertops to windows – we wouldn't be without one! Just add water and the result is a streak-free finish. **Stockist:** [e-cloth.com](http://e-cloth.com)

W

**24**  
tested

**WASHING MACHINE**

Siemens IQ700  
WM14Y891GB/37

**90/100 £900**

- ◆ Max load: 8kg ◆ 1,400rpm ◆ Energy rating: A+++

**GHI VERDICT** Excellent stain removal across all cycles. Low energy and water consumption, and features an intelligent dosing system. **Stockist:** [bhdsdirect.co.uk](http://bhdsdirect.co.uk)

\* To stop smells and bacteria build-up, deep clean your machine every few months with Dr Beckmann Service-It Deep Clean Washing Machine Cleaner, £3.30 ([waitrose.com](http://waitrose.com)).



\* For the cheapest vacuum bags, buy online at [buydustbags.co.uk](http://buydustbags.co.uk).

**VACUUM CLEANER**

SEBO Airbelt E3 Premium  
**92/100 £359.95**

- ◆ 5.2kg ◆ 700W suction motor ◆ 3.5L filter bag

**GHI VERDICT** Clever design, with integrated power controls on the handle. Tackled dust on laminate and carpet excellently. The machine glides and manoeuvres easily around furniture and is fantastic at removing pet hair in one sweep. **Stockist:** [johnlewis.com](http://johnlewis.com)

X

**X-STITCH (SEWING MACHINE)**

Brother Innov-is VQ2  
**90/100 £1,999**

- ◆ 473 built-in stitches ◆ Hand/foot control
- ◆ LCD touchscreen ◆ 1,050 stitches a minute

**GHI VERDICT** Advanced design, huge range of stitches and multiple features, including the My Custom Stitch function, which creates a pattern from scratch. Sewed flawlessly over a range of materials. Designed for large projects, so quite heavy and bulky. **Stockist:** [brothersewing.co.uk](http://brothersewing.co.uk)



**26**  
tested

**YES, YES, YES!  
(VIBRATORS)**

Je Joue Mimi Vibrator  
**77/100 £64.99**

- ◆ Five vibration levels and patterns

**GHI VERDICT** Has a feminine, petite and discreet appearance. Our testers found it straightforward to use.

**Stockist:** [jejoue.com](http://jejoue.com)

\* A panel of 100 women aged 30 to 80 (50 were single and 50 in relationships) took part in our vibrator testing.



**9**  
tested

**ZAP! (IPL DEVICES)**

Philips Lumea Precision Plus  
**80/100 £450**

**GHI VERDICT** It's easy to use on hard-to-reach areas and its larger head size makes it quick, too. Our testers reported no pain during use, and noticeably finer and slower regrowth. The lamp lifespan is more than 100,000 flashes (five years based on average use across face and body). **Stockist:** [philips-shop.co.uk](http://philips-shop.co.uk)



Looking forward to  
life: nearly 700,000  
of us are living  
with, and beyond,  
breast cancer



# Now there is life after BREAST CANCER

For too long, breast cancer – which affects one in eight of all women in the UK – was close to a death sentence. But 15 years into the 21st century, more women than ever before are surviving this frightening disease. Now, nearly 700,000 of us are living with – or beyond – breast cancer. And if you're one of them, you'll know that the end of treatment is certainly not the end of the story. To mark Breast Cancer Awareness Month, Good Housekeeping looks at why survival rates have improved, and what needs to happen next to ensure that, in future, no women die as a result of breast cancer. And we have spoken to eight survivors about what helped them find their new normal. It's must-read advice – whether you have had cancer yourself or are the friend, mother, sister or partner of someone who has...



**B**reast cancer has been a medical success story. Eight in 10 women diagnosed with breast cancer now live 10 years or more, and survival rates have increased by 50% since 1971. This is thanks to better screening, more streamlined services and major advances in the understanding of and treatments for breast cancer. 'Early detection has made a real difference. Women know the signs and symptoms, and are more willing to see their doctors. GPs are more aware and refer quickly, then women are diagnosed and treated rapidly by skilled multidisciplinary teams,' says Katie Goates of Breast Cancer Now (breastcancernow.org). More sophisticated chemotherapy regimes and targeted treatments, such as aromatase inhibitors for hormone-driven cancers and Herceptin for Her2 positive cancers, have also made a major contribution. 'There is still a way to go, but things are happening now that would have been unimaginable even 10 years ago,' says Katie.

All this is good news, but life with – and post – breast cancer holds unique challenges, as the women we spoke to explain.

## What if I don't feel like celebrating?

Your final treatment is over, you don't have to go back to the hospital for six months and you feel... euphoric, excited, relieved, or just a bit lost?



Positive steps: better screening and more streamlined treatment for breast cancer have made a real difference

'You might expect the end of treatment means a return to normality, but it's never as simple as picking up where you left off – the foundations of your life have been shaken,' says Dr Frances Goodhart, author of *The Cancer Survivor's Companion*.

This is the time when you have to come to terms with the changes to your body, your relationships and your life. You may be left with the side effects of treatment, and there are psychological and practical challenges – getting back to work, coping with fatigue, rebuilding your confidence and, above all, trying to come to terms with this enormous thing that has happened.

Post treatment can be when reality really hits home. 'During treatment, you don't have time to process it – it affects you later,' says Gill Franchi, 52, who was



diagnosed two years ago. From living in a bubble where life is planned around the next chemo or hospital appointment, you find yourself with no schedule, and all the time in the world to reflect. 'After diagnosis, everything happens with great speed, and you are taken by the hand and guided through the medical system. However much you may look forward to the end of treatment, when it comes it can be a terrible anticlimax,' says Dr Goodhart.

Finishing treatment sent Pravina Patel, 46, straight back to hospital. 'I panicked,' she says. 'The medical team and treatment routine were my safety net – it was very scary to move out of that environment, and I found it hard to let go. I would drop into the chemo ward just to have a cup of tea with the nurses.' Like Pravina, 66-year-old Darryl Earnshaw remembers feeling lost. 'The treatment was awful – I had terrible side effects – but when it finished I felt isolated and adrift. After months of attention, it's suddenly not there any more.'

For Pravina, things started to unravel a few months later. 'Until then I had coped so well, but I felt like an elastic band that had been stretched too far and finally snapped. I cried and cried,' she remembers. 'I found myself a counsellor, booked in for some complementary therapies and took time out – it really helped me get through.'

Fran Haworth, 44 and a mum of three, says it felt like moving between different worlds. 'When I was diagnosed, I had to jump out of the world I knew into one of hospitals and appointments. When the treatment was over, I somehow had to fit back into my original world and create a new normality. I remember walking out of my last radiotherapy treatment in a daze, thinking how lost I felt. From

## Staying safe

*Many of the steps to help protect against breast cancer may also help prevent it recurring*

**Take a half-hour walk** five days a week to improve fatigue, boost your mood and protect you. Researchers found that women taking 150 minutes' exercise a week had a more than 40% lower risk of breast cancer than women who

took less than an hour's exercise.

**Keep your weight down.** As well as protecting against breast cancer, it can also help prevent recurrence.

**Stick to one glass** – alcohol increases the risk of breast cancer and the increase is

directly related to the amount you drink.

**Eat less fat** and replace some saturates (meat, butter, cheese) with unsaturates (oily fish, olive oil, nuts). Research has shown that women who ate the most saturates had twice the breast cancer risk of

those who ate the least and women diagnosed with breast cancer who cut their fat intake to less than 20% of overall daily calories had a 24% reduced risk of the cancer recurring.

**Calcium-rich foods**, like low-fat dairy, green vegetables,

soya, tofu, nuts, tinned sardines and salmon, may be protective.

**Eat more beans**, pulses, soya, tofu, vegetables and fruit. They contain phyto (plant) oestrogens that may actually reduce the effects of human oestrogen in the body.

then on I started planning something for myself every month, and I still do that – it was how I started to find my new life.'

Having supportive friends and family around you is as important as it was during treatment, but they may find it hard to understand how you feel. Like you, they were looking forward to celebrating the end of treatment. They want the 'old you' back, and may feel confused and even angry that you're not the same. 'Because everyone knows that I'm better, they assume that I'm back to normal, but I'm not,' says 47-year-old Annabel Cleare, who finished treatment in February. 'I did a 100-mile walk in May to bookend my cancer. Physically it did the job, but emotionally there's a long way to go. Because I look well, people can't see that.'

'The worst thing is people telling you to stay strong and talking about the cancer fight. I hate all that language. It feels like a pressure to be more remarkable than you actually are – we're just like everyone else,' says Sharon Muir Wall, 49.

## Coping with the physical effects

Cancer treatment puts huge physical strains on your body that can leave you feeling worse afterwards. Add in the emotional turmoil, and it's hardly surprising that you can emerge feeling drained and debilitated. 'You expect the fatigue and chemo brain to end with treatment, but it doesn't – in fact, my oncologist told me it takes a year to leave your system,' says Annabel.

Pravina went back to work a few months after her final radiotherapy. 'I remember a day when I couldn't even climb the stairs, and meetings when I couldn't focus or work out what to say,' she says.

Veronica Tomlin faced additional challenges. Diagnosed in 2007, she had years of fatigue before discovering that treatment had left her with low Vitamin D. As a single mum of two, she needed to get back to work, but found she couldn't cope. 'Nothing compares to the bone-weary fatigue you feel post cancer,' she says. She had to give up her job. 'I felt that life had been decimated. It took me a long time to turn it around.'

'Many women come out of treatment feeling they must be able to manage everything they were doing before, but that's unrealistic,' says Dr Goodhart. 'They need to allow themselves time to recover.'

# WHAT ELSE NEEDS TO BE DONE

While latest survival figures are inspiring, nearly 12,000 people still die from breast cancer every year, devastating lives and leaving families heartbroken.

### Identifying those most at risk

Researchers are trying to identify the genes and molecular markers that influence breast cancer risk and investigating how genes interact with lifestyle factors and other risk factors such as age, childbirth and age at first period. One very simple way of identifying women at increased risk is by measuring their breast density – those with the densest breast tissue have up to five times the risk of breast cancer than those with the least dense. A major trial is combining all these factors to assess the risk in women attending routine breast screening – researchers are taking DNA samples, collecting individual information and measuring breast density.

### Earlier, more accurate detection

Screening technology is improving all the time. Digital breast tomosynthesis, a 3D screening that works in a similar way to a CT scan by taking multiple images of the breast, is currently being trialled. Doctors already know that some cancers will never progress or become dangerous, but there is currently no way of distinguishing them – so research is going on to develop a test that will identify whether a cancer is likely to be harmful or not.

### Tailoring treatment

Chemotherapy can cause severe side effects that can last long after treatment has finished – but gene tests such as Oncotype DX are helping doctors identify which hormone-driven cancers have a low risk of recurrence and may not need chemotherapy treatment. This means low-risk women are spared the toxic effects of chemotherapy, while those at higher risk will get the most effective treatment.

### Addressing hard-to-treat cancers

While targeted treatments have saved lives, it is still difficult to treat triple-negative cancers – those without large numbers of hormone or HER2 receptors. These cancers account for just 15% of all breast cancers, but tend to have a poorer survival rate. Trials are underway looking at which chemotherapy drugs work best with these cancers.

### Understanding cancer spread

Breast Cancer Now has launched a major new study aimed at understanding and stopping the development of secondary cancers. As with all cancers, it is not the primary breast cancer that can kill you, but the cells that metastasise, going on to form secondary tumours in other parts of

the body. 'At the moment, we don't understand enough about how, why and when secondary cancers develop,' explains Katie Goates. 'Cancer cells can change and become unpredictable when they spread to other parts of the body. Although the majority will still respond to treatments at first, in time many become resistant.'

Understanding how and why cancers behave this way will open the door to treatments aimed at effectively stopping or treating the cancer when it has spread. Part of the problem in understanding secondary cancer is that scientists don't have live cancer cells to work with. But Breast Cancer Now's Legacy study, made possible with funding from Good Housekeeping's charity partner Walk the Walk, will enable that to happen. Patients with secondary breast cancer are being asked to donate tissue for research after their death. By studying the secondary cancer cells, scientists hope to gain the understanding they need to halt breast cancer spread and find effective treatments for secondary cancers so they can be treated as a chronic disease rather than life threatening.





## Regaining trust in your body

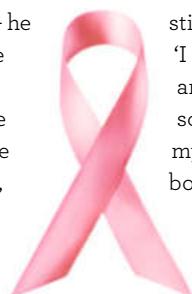
Your cancer was probably discovered when you thought you were healthy. It's frightening to realise that you had a life-threatening disease without even feeling ill - and natural that you now notice every ache and pain and worry you won't spot the signs of cancer coming back. And treatment has changed your body, so you are also experiencing a new set of strange and unfamiliar sensations.

Pravina was so worried about recurrence that she started missing hospital appointments. 'Post treatment, every niggle made me panic. As time went on, I started ignoring the appointment letter. I'm an intelligent woman and work in the medical profession, so it was completely illogical. I think the more I felt my life was getting back on track, the less I could bear the thought that something might disrupt it. Fortunately, my consultant pursued me and we agreed on an annual check. It was only after 10 years that I started to feel the weight had been lifted.'

Anticipating a check-up, or the news that someone you know has been diagnosed, had a recurrence or died, can bring it all back.

'As time passes, there are days when it goes out of your mind, but the milestones are hard. It's the same for my husband - he gets very quiet when it's time for me to go for my check-up,' says Darryl.

Fran agrees. 'You forget, then the letter comes and you think: here we go again. My mum comes with me, and I take the T-shirt I wore through treatment, even though it's really old and full of holes!'



Fran was approaching her five-year anniversary when she found another lump. 'It took me straight back to a really dark place. Thankfully it was fine, but it made me realise how vulnerable I feel. I found it very hard when Rio Ferdinand's wife died - maybe because she was young, like me. You have to face your fears and find that balance between anxiety and reality.'

For Mary Huckle, 49, a scare seven years after her first diagnosis was a recurrence. 'I had reached the point where I felt cancer had just been a glitch in my life. Having it come back was a complete bombshell. I'm a fitness instructor and had exercised all the way through - I don't drink, I don't smoke, I eat healthily. I felt angry and betrayed by my body. I thought: how dare you! I've looked after you so well and now you've done this to me again. First time round I had counselling, but strangely it's easier this time because I know what to do and how to look after myself.'

Sharon, who was first diagnosed at 29, knew immediately that the lump she felt 18 years later in her other breast was malignant. 'I realised I'd been waiting for it to come back - all those years, something had been holding me back. It was horrific, but also a relief. I had chemotherapy and I'm now cancer free.'

## Coming to terms with the new you

Eight out of 10 women diagnosed with breast cancer have surgery and nearly half have a mastectomy. For some, losing a breast feels like a loss of their sexuality, while for others it means banishing the source of the cancer. When Fran was told she had the BRCA gene fault, she immediately asked for a double mastectomy. 'Although the surgeon was sceptical, I wanted them gone. I didn't want a reconstruction - breasts that someone made for me would never feel like mine - so instead I focus on my hair, nails and eyebrows.'

It's been more difficult for Gill. 'I'm still not there with my body,' she says. 'I decided against a reconstruction and I'm happy for people to see my scar, but I don't like being naked - my scar is a constant reminder and my boobs feel like the enemy.'

You may also have to cope with lymphodema, early menopause or the side effects of hormonal

# 7 THINGS THAT DO HELP

**1 TAKE YOUR TIME** You managed treatment by taking it one step at a time - do the same now. Set small targets, build up gradually and let yourself convalesce. Recovery is a marathon, not a sprint.

**2 ACKNOWLEDGE YOUR LOSS** Give yourself the space to grieve and process what has happened. Your family may not be the best ones to talk to (and may need help themselves). It could be useful to talk to a counsellor, another breast cancer survivor, or a support group or online forum.

**3 FIND SUPPORT** Explain to family and friends that you are not 'back to normal'. Macmillan Health and Wellbeing Clinics ([macmillan.org.uk](http://macmillan.org.uk)), The Haven ([thehaven.org.uk](http://thehaven.org.uk)) and Maggie's Centres ([maggiescentres.org](http://maggiescentres.org)) all offer support in adjusting after cancer.

**4 PACE YOURSELF** Rest when you need to and plan ahead for events that require a lot of energy. Regular gentle exercise can help to combat fatigue.

**5 ADDRESS BODY ISSUES** Research has shown that the sooner you confront the changes in your body, the easier you will find it to gain confidence in the way you look again. As soon as you are able to, look at and touch the scars or reconstruction on your own, and then with your partner.

**6 MANAGE YOUR CANCER WORRIES** Ask for clear guidelines about symptoms and how quickly to follow them up. If you feel very anxious about symptoms, contact your doctor or breast care nurse for reassurance.

**7 CELEBRATE YOUR ACHIEVEMENTS** Focus on what you have achieved by getting through the treatment and in your recovery, rather than what you're not able to do.



# MAKING WAVES



IN 1956, SEABROOK INVENTED THE CRINKLE-CUT CRISP TO MAKE SPACE FOR MORE FLAVOUR.



That's why they taste so good.



# 'My daughter's life was full of meaning'

**Eight in 10 women with breast cancer now live 10 years or more, but there are still those who don't make it. Amanda Jones's daughter, Becs, died 12 years ago, aged 32.**

'We knew immediately it was bad – a very aggressive cancer that was always one step ahead of the doctors, despite Becs being given the best treatment possible. We spent 11 months seesawing between hope and having those hopes dashed. At times I was absolutely furious that this should be happening to my Becs, the youngest of my three, and I wished it could have been me. I couldn't save her, but at least I could be with her. I was there when she was born and I was with her when she died.'

'I never see Becs as losing her battle with breast cancer – she was always my golden girl, a winner who never lost her courage and fortitude.'

Amanda now puts her energies into raising funds for the research charity Breast Cancer Now. 'Their aim is that by 2050, breast cancer will have taken its last life,' she says.

## GOOD NEWS FOR OTHER CANCERS

**In many ways, breast cancer has been a trail blazer – work on the BRCA1 and 2 cancer genes has helped with the understanding and treatment of prostate, ovarian and pancreatic cancers. PARP inhibitors – drugs being developed to treat breast cancer – are also being tested in ovarian cancer patients. And Breast Cancer Now hopes its new Legacy trial, looking at metastatic cancer cells soon after death, will open up areas of research for other cancers. Breast cancer was the first to provide specialist nurses for women with secondary cancer, something that has now been adopted by teams treating many other cancers.**

[CONTINUED FROM PREVIOUS PAGE]

treatments. Like many women, Darryl struggles with tamoxifen. 'I suffer from joint pain, weight gain and fatigue, and I'm only two years into taking it. I know it's protecting me, but it's boring feeling so awful. Going on the community forums and talking to other women really helps.' Annabel feels the same. 'I came off it for a while but, when they showed me the statistics and the difference it makes, I went back on it. It's a no brainer.'

## Looking after your relationships

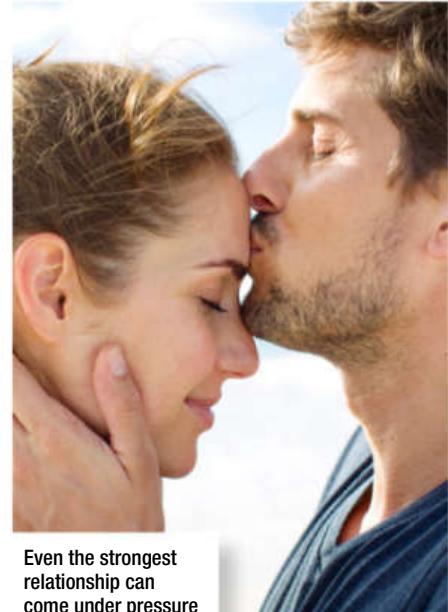
The aftermath of cancer can take its toll. Some of the friends you knew before treatment will have gone, and most relationships feel the strain. 'In a way it's even harder after treatment, perhaps because your family expects everything to slip neatly back to the way it was before,' says Annabel, who is married with two sons.

Gill Franchi says her marriage is strong, but the changes to her body mean she's lost interest in sex. 'We still have a sex life, but I do have issues with it. My breasts are so associated with my sense of sexuality, and they're a no-go zone for me.'

'I've seen several marriages that have broken under the stress and we've certainly been through difficult patches,' says Mary Huckle. 'We were both very scared when the cancer came back, but I think it helps that we try to hang on to the positive stuff and get on with life. My husband has been so supportive throughout and we're closer than we've ever been.' Sharon's husband has been her rock: 'I know it's affected him, but he's never wavered in his support or affection. I think our sense of humour really helps.'

Pravina's marriage didn't survive. 'He found solace elsewhere during my chemo. My lasting sadness is that we'd been trying for a baby before I was diagnosed. My marriage break-up was devastating at the time, but now I'm much happier and I've met someone else. We've been together for five years and he's the love of my life.'

For Fran, cancer changed everything. 'My husband was great during treatment, but later we realised that, although we still liked each other, our marriage wasn't working. We were determined not to let cancer destroy our friendship or hurt our kids – he's still really supportive and now we're best friends.'



Even the strongest relationship can come under pressure

## Rebuilding your confidence

Nothing knocks you or your sense of safety like cancer. At first, planning ahead can feel difficult. People may tell you to organise treats or take a holiday, but going too far from home or even meeting new people can feel almost impossible when life feels so precarious.

Gill found training with her MoonWalk team during and after treatment helped give her continuity and belief that her body would recover. 'It takes time for your confidence to come back. For a long time, I would only be around people I felt safe with. My turning point came last October when I was a model for Maggie's. Before that, when I looked in the mirror it didn't look like me – that day, for the first time since I was diagnosed, I looked and felt like I was back.'

Life is never the same after cancer – it can't be – but that doesn't mean it's going to be worse. While many of the women we spoke to struggled to find their new normal, all agreed that cancer has brought positives. Pravina feels that she can now live life her way, while Annabel has fulfilled a lifelong

ambition to overcome her fear and become a stand-up comedian. 'I'm not afraid of anything – and dying on stage is not as bad as dying in real life!' she says. Veronica has found a new career in the charity sector. And Gill says: 'In many ways, it has enriched my life – I've learnt that even after cancer you can go on and have a good life.' □



# LOOKING FOR A DIET THAT REALLY WORKS?

JANE PLAN

Prepared with  
you in mind



*"I've lost nearly 3 stone and kept it off for 4 years!"*

Age 56, this is the first time since my teenage years that I've lost weight and kept it off. I can honestly say that I'm happier, healthier and fitter than I've ever been. Jane Plan really is a long-term weight loss solution – just look at me!

Caroline, 56

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# The GH guide to letting

# GO...

There's a reason why that melody from the Disney film *Frozen* has become one of the bestselling songs of all time. To be more yourself, you have to let it go. We asked five experts how to...



## Let go of GUILT

It can feel almost impossible to shake off a sense of guilt, but it's important to distinguish between healthy remorse that you can use to build a better future, and energy-sapping, destructive feelings that do you no good, says therapist Dr Windy Dryden. 'You take responsibility for your behaviour and accept you're a fallible human being who has made a mistake. So when someone offers forgiveness you're willing to accept it,' he says of the healthy side of self-reproach.

But seeing yourself as a bad person who doesn't deserve forgiveness can leave you feeling constantly guilty. 'You need to accept and value yourself for who you are and tackle the unhelpful beliefs that perpetuate guilt,' he says. Tell yourself that other people's desires are not more important than your own. Be clear that, while you are responsible for your actions, you are not responsible for the feelings of those around you – they are!

Nor should you expect higher moral standards from yourself than you do from other people. 'Saying no to demands may appear to be selfish, but it's more likely to be a sign of healthy self-care,' says Dr Dryden. And that's the starting point for helping you to let go of debilitating feelings of guilt.

## Let go of SELF-DOUBT

We usually think of self-doubt as a negative emotion – but that's not necessarily the case. In fact, when we're embarking on a big new venture, a healthy dose of it can allow us to explore whether we're sufficiently prepared for the challenge.

'Sometimes our feelings can hold us back from goals and dreams we would really like to pursue,' says psychologist Louisa Jewell. 'But it's really only a problem when it's chronic – when we question everything all the time.'

The best way to build your confidence is to take baby steps towards your goal, she suggests. So if you've always wanted to write a book but never got round to it, start with something small. Begin by writing an online article and see how that goes. As you write each article, your confidence builds.

Another important strategy is to find a role model. 'When you see someone just like you who's doing what you want to do, you'll believe it's possible for you to do it, too,' says Louisa. 'It's also vital to surround yourself with supportive, encouraging people. The more positive reinforcement you absorb, the easier it is to whittle away at

your self-doubt. Don't underestimate this. Say goodbye to the naysayers!'

## Let go of CONSTANT APOLOGISING

Women say sorry more than men. Why do we feel we have to do this before sharing ideas, making requests or taking up anyone's space?

'It could be argued that we're socialised to be more aware of the feelings of others,' says anxiety therapist Chloe Brotheridge. 'Apologising helps us to soften a request, to prevent us from offending others or appearing pushy or overbearing.'

But apologising can come across as a lack of confidence – if we say sorry too much it may appear that we lack conviction. And by doing so, are we giving away some of our power? 'For many of us, saying sorry is largely a habit, and like all habits, it can be changed with a little awareness,' says Chloe.

She suggests choosing a day and making a note of all the times you apologise when it isn't really necessary. You'll soon start to recognise patterns and automatic habits. 'Let go of excessive apologising by practising saying no without offering it with an apology. Stand strong in your own space and make requests in a calm, but assertive way.'

## Let go of HOVERING

As a parent, your job description covers guiding your child through life, keeping dangers at bay and helping them succeed. But if you won't let them experience life's ups and downs without hovering close by, you're depriving them of essential opportunities to learn as they get older, says psychotherapist and author Corinne Sweet.

'It's vital to remember your child's experience is their own – they must learn to be rejected, to discover what they really want and how to fight for it,' she explains. 'And just as a child picks themselves up after they trip and get bumps and bruises, they learn to manage being upset – and discover that the hurt will get better.'

The most important thing is to keep a clear line of communication open, no matter what age they are, says Corinne. But as they reach puberty and beyond, it's also vital to step back and allow them the freedom to



discover their own triumphs and failures.

'It's OK to set boundaries about what's acceptable in your home, but within those, a teen should be developing a sense of themselves as a private person. Unless you have reason to think they might be in danger, resist the urge to monitor their phone or social media – it's a habit that can become addictive. They need to know you're always there for them, but you have to accept you may be the last person they want to talk to,' she says.

'Ultimately, our job as parents is to set our little boats on the water and watch them sail safely away – in their own way and in their own time. And letting go of your urge to hover is all part of that process.'

## Let go of FEAR

One of the biggest misconceptions about courage is that it's the same as fearlessness. But people who live and work alongside risk every day say fear – not bravery – is uppermost in their minds, according to author Polly Morland. 'Fear is absolutely central to what they achieve. So realising it's okay to be scared is often the first step on the road to getting past that fear,' she says

Just as tightrope-walkers learn to step along a wire by working just a few centimetres above the ground, Polly suggests starting small and building up from there. 'Try to take courage from the people around you and remember that, often, we're all in this together.'

If all else fails, you can always take a deep breath and simply pretend that you're not as scared as you actually are. Often the process of putting on a convincing act can work for real. 'That's why sometimes we need to walk straight towards the things that scare us, rather than running away,' says Polly. Meeting fear head-on and learning to control your relationship with it can be one of the keys to a well-lived life. □

A photograph of a woman's lower body from the waist down. She is wearing bright pink shorts and is standing on a white digital scale. Her hands are on her hips. The background is a bright, minimalist room with white walls and a light-colored floor.

# The **SECRET** to **WEIGHT LOSS?**

## GO WITH YOUR GUT!

All calories aren't equal. There's no one size fits all diet. And bad-guy foods can be your best friend. We've spoken to the man whose amazing new research is set to revolutionise weight loss for ever

Shaping up has entered a whole new era

**F**or years we've been told the only way to lose weight is to eat less and move more, but new research shows that the clues as to why some people stay lean while others just can't shed the extra pounds may be inextricably linked to a complex mix of microbes in our gut.

They account for the bulk of the 100 trillion in our body, interact with our genes to aid digestion, help the production of certain vitamins, affect our immunity and influence our mood, metabolism and weight. We all know taking antibiotics can harm gut microbes, but there's now growing evidence that modern-day diets, dominated by processed and refined foods, can do the same, leading to illness and weight gain.

The key to good health – and to staying a healthy weight – seems to be, at least in part, the balance and diversity of the bugs in this delicate ecosystem. 'These differences can explain why a low-fat diet works for some people, while a high-fat diet is fine for some and dangerous for others; why some people can eat plenty of carbohydrates without problems and others get fatter,' says Tim Spector, Professor of Clinical Epidemiology at Kings College London and author of *The Diet Myth*.

Your gut is as individual as you are, he says. 'It's rather like fingerprints – we may look similar on the outside, but we are all very different inside. Think of your microbial community as a garden that needs healthy soil and nutrients to flourish. The better fertilised and the more diverse your internal ecosystem, the less chance there is of any one strain going wild, taking over and producing toxins.'

## CALORIES AREN'T THE ANSWER

If we're gaining weight, surely we must be consuming too many calories? That was the theory, but what's becoming clear is that while a calorie may be a calorie on the food label, it's certainly not equal in the impact it has once you've eaten it. Studies clearly show that two people can eat the same number of calories, have the same activity levels and still gain weight at a different rate – and this may be down to differences in gut microbes and the way they interact with the person's own genes. We know there are a number of genes that influence appetite and weight and, while your microbes can't alter your genes, they can modify their activity – switching them on or off, up or down. These microbes are, in turn, affected by what you eat.

When a group of twins were put on high calorie diets and fed an identical extra 1,000 calories a day for six weeks, they all gained weight, but the variation was huge – ranging from 13 to 29lb. Other studies of twins – one obese, the other not – have shown significant differences



Exercise can help boost your gut bacteria

between their gut microbes. Leaner twins had a far more diverse and healthy gut microbiome than the obese ones. Worldwide studies examined volunteers' stool samples and found that obese volunteers, who also had more inflammation and insulin resistance, had less diversity in their microbiota.

Additionally, research has shown that obesity can be infectious. When lean mice are given gut microbes from obese mice, the skinny mice rapidly pile on the pounds.

So what's going on? It seems that the way we absorb calories and the amount of fat we store depends both on our genes and on their interaction with our gut microbes. Professor Spector's research, for example, has revealed

**'We may look similar outside but we are all very different on the inside'**

major differences in the way individuals metabolise starchy foods like potatoes, pasta and rice. People who had fewer copies of the gene that helps produce amylase, the enzyme that digests starch, also had changes in their microbial balance that resulted in them storing more fat. 'Some people eating the same bowl of potatoes or pasta will have a greater amount deposited as fat because of the effect of the genes on their microbes,' says Professor Spector.

## SERIAL DIETING IS A NO-NO

As all serial dieters know to their cost, diets rarely work in the long term. In fact, Professor Spector's research with identical twins found no life-long difference between the twin who regularly dieted and the one who never did, and other twin studies have found that the regular dieters tend to be heavier.

The good news is that, by making changes to what you eat, you can change the mix of bugs in your gut, and potentially change your immune system and gene activity – and it doesn't take long. Researchers in the United States found that just changing your diet for a week, for example

switching from eating meat to going vegetarian, can significantly alter your gut bacteria.

Changing that mix may not just keep you lean but could also protect you from a range of health problems from heart disease to depression.

We're not yet at the point where we can provide personalised gut-friendly diets that will keep each one of us slim and healthy – although that day may not be too far off. But there are clear guidelines that can help you boost your gut health, your immunity – and help you lose weight.



## FOCUS ON REAL FOOD

Processed foods are bad news for your gut. As well as having the nutrients and fibre stripped out of them, many are loaded with added sugar, salt and fat. What's more, they narrow our diets. 'The key to good gut health is diversity, and most processed foods are based on five main ingredients: corn, soy, sugar, wheat or meat, which are virtually all absorbed before the microbes can get at them,' says Professor Spector. When his son Tom volunteered to be a guinea pig, to gauge the impact of a 10-day diet of highly processed takeaway food, Tom not only gained weight, he also lost 40% of his gut bacteria. His levels of health-promoting bugs plummeted, while those associated with inflammation rose significantly. The good news is that they returned to normal once he started eating a balanced diet again.

## ADD SOME VARIETY

You may not believe it after scanning the shelves of today's supermarkets, but the range of foods we eat has gradually become narrower rather than broader. Professor Spector says our ancestors typically ate 150 different ingredients a week: today, most of us eat fewer than 20 separate food items, with a lot less fibre. The more diverse your diet, the more diverse your gut microbes. So the greater variety, the better, as long as it's real and unprocessed.

## PICK PLANTS

That means trying to eat far more than your five veg and fruit a day – aim for eight or nine and add some nuts and pulses. 'Plant foods contain a range of different nutrients that feed different microbes – they are fertilisers for your internal garden,' says Professor Spector. As well as the nutrients they contain, some plant foods – like garlic, onions, leeks, nuts, Jerusalem artichokes and bananas, and fermented foods such as tofu, kimchi and sauerkraut – provide prebiotics that help to keep your gut and its microbes healthy.

## LOSE THE SWEET STUFF

We are programmed to like sugar and we're eating more sweet foods than ever before, mostly hidden in processed foods. As well as being loaded with calories and bad for your teeth, a high sugar diet is bad for microbes, and artificial sweeteners aren't ideal, either.



## Eat just one square of dark chocolate to raise beneficial stomach bacteria

Rats fed human doses of sweeteners for 12 weeks showed a significant reduction in microbes, particularly the healthy ones.

## EAT CHEESE AND YOGURT

Both that delicious slice of gooey Brie or chunk of mature Cheddar are teeming with beneficial microbes, but go for traditionally produced cheeses – not the orange processed version. One study showed that cheese supplements helped maintain the good gut microbes in people taking antibiotics and a recent study found that eating cheese may actually help weight loss. The same goes for yogurt – go for the plain variety, as flavoured yogurts tend to contain sugar or sweeteners to replace the fat, which stops beneficial microbe activity. 'Yogurts act as tourists in our guts – the bugs they contain stimulate the rest of the community to be healthy: they help initiate anti-inflammatory processes and alter the way we break down other foods,' says Professor Spector.

## ENJOY YOUR COFFEE

There are several studies suggesting coffee may help protect against heart disease, type 2 diabetes, even Alzheimer's. As well as being packed with beneficial plant chemicals called polyphenols, it's been claimed in some research to contain fibre, making it great food for microbes.

## RAISE A (SMALL) GLASS

Your microbes like a drink – US researchers have found regular drinkers have greater microbial diversity than non drinkers. The message is that if you enjoy a glass of wine, carry on, but stick to safe drinking limits.

## GO FOR DARK CHOCOLATE

Make it just one square of dark (ideally 70% cocoa solids): you need to eat way more milk chocolate (with its added fat and sugar) to have anything like the same impact. Microbes love chocolate and break it down into anti-inflammatory substances that cut stress on blood vessels. When volunteers in a study at the University of Reading were given cocoa extracts, their levels of beneficial stomach bacteria rose.

## CONSIDER 5:2 EATING

Short term fasting – eating restricted calories for two days then eating normally for the rest of the week – helps weight loss, and stimulates friendly microbes, as long as you eat a varied diet on your non-fast days.

## GET MOVING

As well as boosting your heart and circulatory health, regular exercise is good for your gut. Studies of twins found that the strongest factor in predicting the diversity of their microbes was the amount of exercise they did. A study of the Irish rugby squad found that the players – all elite athletes – had far more diverse gut bacteria than men who weren't athletes, especially those with weight problems. When scientists put rats on the treadmill, they found that the exercise stimulated the production of butyrate, a chemical produced by the gut microbes that has a beneficial effect on the immune system.

## DON'T TAKE SUPPLEMENTS

The debate has been raging for years, but most evidence now suggests that, overall, supplements don't prevent disease in healthy, well-nourished people. In fact, some studies have found that betacarotene, vitamin E and high doses of vitamin A supplements can be positively harmful. In short, nutrients from whole foods nearly always work best – not least because they're a complete package of nutrients that often work in synergy. □

 DURAVIT



# CAPE COD

The new bathroom series by Philippe Starck. [info@uk.duravit.com](mailto:info@uk.duravit.com) [www.duravit.co.uk](http://www.duravit.co.uk)

A photograph of two women laughing and dancing. One woman has long red hair and is wearing a purple top, the other has long dark hair and is wearing a light blue top. They are both wearing jeans and belts.

# SENSITIVE BLADDER?

# So what! DANCE ALL YOU WANT.



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Always Discreet Liners and Pads have an 'ultra' thin absorbent core that turns liquid into gel. So even though they are up to 40% thinner\* than the leading brand, they still absorb 2x more than you may need.\*\*

Also available in Underwear.

\*Compared to the leading brand, percentage varies across line-up.

\*\*Based on average consumer loading.

<sup>†</sup>377 UK shoppers surveyed, Sep '14 - Jan '15

**1 OFFICIAL: IT'S AS GOOD AS CHOCOLATE...**

Good sex with someone you love makes you feel relaxed and satiated. It's chemistry – arousal increases dopamine, which triggers the brain's craving and reward centres. 'It's just like chocolate,' says US Kinsey Institute scientist Erick Janssen.

**2 ... AND BETTER THAN IRONING**

You'll burn around five calories a minute making love – equivalent to a little light housework.

**3 YOU'LL LOOK YOUNGER**

**3** Honestly! A study at the Royal Edinburgh Hospital found those who had sex several times a week looked between seven and 12 years younger than their age. Why? Regular sex releases hormones, including testosterone and oestrogen, that can keep the body looking young and vital.

**4 A GREAT DE-STRESSOR**

**4** There's no better way to relax than to make love – and, for long-term couples, there's no embarrassment about suggesting a little de-stressing. Psychologist Stuart Brody at the University of West Scotland found that men and women who'd had sex during a two-week period were less stressed when faced with difficult challenges, like public speaking or rapid mental arithmetic, than those who'd lost the loving feeling.

**5 BRING BACK THE BUZZ**

**5** Sex with the same partner doesn't have to get boring. 'It can disappear in the demands and inevitable domesticity that go with a long-term relationship, but there are all sorts of things we can do to reinvigorate it,' says Dr Frances Carter, the author of *49 Ways To Sexual Well-Being*. 'There are women-friendly sex shops out there, and it may be worth spending a fun afternoon messing about with the odd sex toy.'

# Yes, yes, yes!

## 15 SURPRISING FACTS ABOUT GROWN-UP SEX

*Love life a bit jaded? Change your mindset, not your partner. A long-term lover can make you feel healthier, less stressed and even look younger...*

**6 CONQUER THE WORLD – TOGETHER**

Oxytocin, a powerful hormone released during arousal and orgasm, is strongly linked to love and bonding. Studies show that even couples who simply kiss, hug and hold hands are better able to cope with stress.

**7 MORE SEX, FEWER COLDS**

**7** A study at Wilkes University, Pennsylvania, found that sex produces high levels of antibodies that guard against colds and flu.

**8 YOU CAN DITCH THE SLEEPING PILLS**

After orgasm, hormone levels switch: dopamine drops and calming prolactin rises. This

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**Good Housekeeping**  
HEALTH WATCH

results in feelings of satisfaction and sleepiness, particularly in men. It's not always at the appropriate moment – in a 2006 survey of 10,000 British men, nearly 50% confessed to having fallen asleep while making love.

**9 STRONGER MUSCLES**

**9** A third of women will suffer incontinence at some point, but regular sex is a powerful workout for pelvic floor muscles.

**10 MAYBE MEG RYAN WAS RIGHT...**

Sometimes it's worth faking it. Even if you don't feel in the mood, experts say going along with your partner's wishes can often lead to an enjoyable

sexual encounter. Plus, hormones resembling morphine are released after orgasm – a great way to get rid of that headache.

**11 IT COULD LOWER HIS HEALTH RISK**

Regular sex improves men's health by boosting testosterone, linked to increased energy, stronger muscles and improved brain power. It can also lower the risk of prostate cancer.

**12 EMPTY NESTS MAKE GREAT LOVE NESTS**

A child-free home can be truly seductive. Lazy Sunday-morning sex is a great way to start the week, while a quickie before work could be just the boost a slightly jaded relationship needs to get back on track.

**13 YOU'LL SAVE MONEY**

**13** Forget fancy meals – long-term lovers don't need to splash out to make out. A cuddle on the sofa can just as easily lead to bedtime bliss.

**14 PUT AWAY THAT WRECKING BALL!**

It's important to hold on to your sense of self. 'The image of a naked Miley Cyrus on the wrecking ball is problematic for a lot of women,' says sex expert Dr Frances Carter. 'It puts pressure on them to be young and visibly sexy. Lack of self-esteem can be very damaging for women in relationships, so it's important to build up your own sense of self and sexuality.'

**15 IT JUST KEEPS GETTING BETTER**

Sex when you're young can be fraught with anxiety, self-consciousness and pressure to perform. But love-making between long-term couples is altogether more relaxed and satisfying, say experts. A recent US study found that couples who stayed married for more than 50 years made love more often than those who had multiple partners. □

# The Great Big Hearing Check



We get our eyes and teeth checked regularly – but how many of us forget about our ears? They're just as important. Giggling children, chatter with friends or the early morning call of bird song; sound can be pretty amazing and add to the enjoyment of life – so when we start to notice changes in our hearing it can be frustrating and upsetting; but it needn't be.

If you, a friend or a member of your family have noticed changes in your hearing; are finding conversations more difficult, or find you need to turn the TV up that bit higher nowadays you're not alone. One in six people in the UK currently has some form of hearing loss, but because it happens so gradually, we don't always notice the signs. The good news is that at Boots it's simple to do something about it.

A free 15 minute check is all it takes to find out how well you're hearing. We'll check the health of your ears, test your hearing and talk through any concerns you may have. And if we think we could help you hear better we'll offer professional, personalised advice on what you should do next.

To encourage more people to take care of their ears we're launching our Great Big Hearing Check at Boots. From 19th August – 15th September you can take advantage of a free hearing check as part of our Great Big Hearing Check in one of over 450 Boots and Boots Opticians across the country.

**What's more, for every person who attends a check during the month we'll donate £1 to Action on Hearing Loss – to help fund hearing research in the UK.**



How can I help someone with hearing loss?

Try to find quiet places with as little background noise as possible to chat.

Try taking turns talking and try not to interrupt or speak over people.

Make sure the person you are speaking to can see your face clearly when you talk. Lots of people use basic lip reading without even realising, and your words will travel directly and with more clarity to their destination.

If someone has trouble understanding you, try saying things a different way instead of repeating them verbatim. It may be that they find a particular word hard to hear.

Encourage the person to attend a free hearing check – to get the right help and advice.



**Great Big Hearing Check**

So, if you've noticed a change in your hearing recently, there really has never been a better time to check it out.

**Just call us on 0345 071 1262 or book online at [bootshearingcare.com](http://bootshearingcare.com)**



**hearingcare**  
let's feel good

*with Professor Tanya Byron*

**Dear Tanya**

## 'Surely she is too young to have beauty treatments?'



Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

My son's wife spends a fortune on hair and beauty appointments for their daughter, who is 12. I find it infuriating, as I know they're struggling financially. But apart from the cost, I am concerned that it's giving my granddaughter an unhealthy obsession with her looks. Should I get involved and, if so, what can I say?

### ANYA SAYS

Girls start to create a sense of identity in their earliest years. From as young as four, they already have a powerful sense of the thin, socially-constructed body ideal. Add to this the sexualisation of children, and the rise in marketing of make-up and grooming products to young girls, and I fully support your concern about your granddaughter receiving beauty treatments at her age – particularly if these are not balanced by experiences that enable her to develop her own identity and a secure sense of self-worth by building inner confidence.

For healthy psychological functioning, our self image needs to be driven from within and built around our values and beliefs – who we are, our goals and what we believe in. When external appearance is central to how girls perceive themselves – and how they believe they are judged by others – their psychological wellbeing becomes very vulnerable.

As a grandmother, you have a key role to play in nurturing this young woman. Without any direct comment, you can offer her experiences that give her a solid sense of female identity – perhaps through days out where you enjoy art and culture that

celebrate women. Encourage her with hobbies, interests and books you can share.

However, your concerns raise the uncomfortable issue of how to talk about the situation, as any comments are likely to be taken as critical of your daughter-in-law. You'll also be perceived as meddling if you mention the cost implications.

You need to think carefully about how you discuss this issue, if indeed you do. I suggest an approach that is non-judgemental and begins with your appreciation of this lovely young woman. It may be that your daughter-in-law lacks confidence in her own appearance, so this conversation could trigger some of her own vulnerabilities.

In terms of the financial implications for your son's family, this is also tricky. You may feel you could mention this to your son, but you must be careful not to appear as if you're talking about his wife secretly. So this very delicate subject may be best avoided unless it comes up naturally when both of them are present.

You're right to be concerned, though. I despair when I meet amazing young women in my clinics who can't see beyond

the way they look. They go online and look at sites that teach them how to lose weight through extreme measures, including eating disorders. Such sites glamorise anorexia, with galleries of underweight celebrities offered up as 'thinspiration'. These girls are at the extreme end of what you're concerned about, but they highlight how vulnerable young women are to these warped values.

What's needed instead are images of young women who offer true inspiration through courage, motivation and drive to make a difference. In my gallery, I'd put the suffragettes, Helen Keller, Anne Frank and, as a modern example, Malala Yousafzai, who was awarded the Nobel Peace Prize at 17. All bravely and honestly did what they felt was right for themselves and other young women, despite the conventions of the time.

I feel the best you can do is try to inspire your granddaughter yourself, and make sure the time she spends with you is nothing to do with what she looks like, and everything to do with building her range of interests, and boosting her own self-esteem. □

I despair when I meet amazing young girls who cannot see beyond their looks

**Want to ask Tanya a question?**

Email [ghasktanya@hearst.co.uk](mailto:ghasktanya@hearst.co.uk) or write to: Ask Tanya, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are usually unable to respond to letters individually.

# On the go!

For busy working mum Ann Wilson, life is about family, fun, and keeping fit – and she does it all with confidence

**A**s a stylish, energetic 49 year old, Ann loves socialising with her friends, days out at the weekend with her family, and practising yoga to stay fit. She's also one of the 47% of women in the UK who experiences bladder weakness\* – but she would never let that stop her from enjoying a good laugh with her friends or having fun with her children.

'I don't want to have to worry about bladder weakness, so I make sure I always have TENA Lady in my handbag – then I'm sorted!' says Ann.

Thanks to the discreet reassurance she gets from TENA Lady, the UK's number-one bladder weakness brand\*\*, Ann feels comfortable and happy wherever she is and whatever she's wearing – whether it's a smart suit for her job as a court usher, or on a weekend away having cocktails with her girlfriends. 'The women in my life love getting together for a weekend away – they are hilarious to be around. Being able to rely on TENA Lady gives me the confidence to laugh my heart out!'

**ENJOY LIFE WITH CONFIDENCE\*\***

For a chance to win a variety of great prizes, visit [goodhousekeeping.co.uk/news/tena-competition](http://goodhousekeeping.co.uk/news/tena-competition)



**'I turn 50 next year and I'm living life to the full! I love being busy and having a good giggle with my friends'**



Bladder weakness is common, and experienced by nearly half of women in the UK. TENA Lady products offer triple protection against leaks, odour and moisture. Just slip a packet into your handbag, and get back the confidence to be yourself and enjoy life. Visit [tena.co.uk](http://tena.co.uk) for more information.



This month's round-up of the latest issues

# How to become a savvy patient

We all want to be seen and treated quickly. So what's the key? 'Confident patients get better care,' says TV medic Dr Phil Hammond in his book *Staying Alive*. Here's how to face some current NHS issues with confidence:

- ◆ *It's impossible to find a practice with space.* One in 10 of us face a two-week wait, says Citizens Advice. To find a practice, look under Services Near You at NHS Choices. Check registration requirements online to save yourself a wasted journey.
- ◆ *I've no idea when I'll have my op.* It should be within 18 weeks of referral, but that target has been missed so often that it's about to be scrapped. If you're desperate, contact the hospital's CEO or Tweet, mentioning their duty of care. If your op's cancelled when you're gowned up, tell them you'll go elsewhere – the offending hospital has to pay.
- ◆ *My GP can't see me for two weeks!* Agree to see any doctor in the practice to speed things up. Alternatively, check NHS



Take charge if you want a better deal from your GP

Choices for your nearest walk-in centre or see a pharmacist in the minor ailment scheme for certain prescription drugs.

◆ *I'm worried about my mum's care.* Collect evidence to show to the manager in charge of where she lives. If there's no improvement, ring the Care Quality Commission hotline on 0300 330554.

## DID YOU KNOW?

*High musical notes make food taste 10% sweeter, so you're satisfied with less, says Oxford psychologist Professor Charles Spence. Next time you crave cake, try listening to an opera while you tuck in – your waistline should thank you for it. Mozart's Queen Of The Night aria, with notes two-and-a-half octaves above middle C, should do the trick.*

FEATURE: LINDA GRAY. PHOTOGRAPHY (POSED BY MODELS): GETTY

## 5 WAYS TO IMPROVE YOUR FAMILY'S HEALTH IN OCTOBER

### 1 Crunch an apple for healthier shopping.

Consumers who bit into one before hitting the store bought 28% more fruit and veg than those who ate biscuits, a recent study found.



### 2 Move kids away from hand dryers.

They scatter bacteria right at a small child's height, according to scientists at the University of Westminster, who say paper towels are more hygienic.

### 3 Count caffeine units.

Limit yourself to 400mg a day (four large cups of coffee) to avoid anxiety, insomnia and raised blood pressure, advises the European Food Safety Authority.



Watch that coffee habit!

### 4 Take a stroll with your dad.

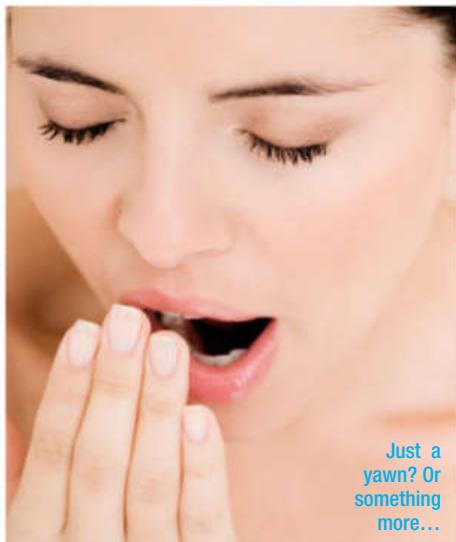
Research shows that, if he's in his 70s, keeping more physically active – a walk, a swim or a cycle ride – for half an hour every day could add an extra five years to his life.

### 5 Keep the peace. It's better to be happy than always right, as constantly arguing when you reach midlife can damage your health, say scientists. □

## Migraine alert

Strange but true: yawning can predict migraine. It's been linked to disturbance of the brain chemical dopamine and, along with feeling tired, irritable, and unable to focus, occurs hours if not days before a migraine attack. This out-of-sorts phase is more common than an aura – the flashing lights and heightened sensitivity experienced by one in six people immediately before the pain strikes. However, many migraine sufferers fail to recognise its significance, says neurologist Professor Peter Goadsby.

Though these early warning signs are subtle, it's worth keeping a record of them in a diary (find one online at [migrainetrust.org](http://migrainetrust.org)) or with an app like Migraine Buddy. Migraine medication is often most effective when taken early – so you'll know to get some in if your jaw starts dropping!



Just a yawn? Or something more...

# Moves to stay in the youth zone

In our strategy to stay youthful, the way we move is just as important as hair dye or beauty creams. Round shoulders and a stiff gait are instant age-giveaways, often caused by the muscle and bone loss that accelerate after the menopause. 'The process starts slowly, so we don't notice it,' says physiology expert Michael Rennie. 'Then suddenly, after a decade or so, we realise our physique has changed.' But exercise can help us hang on to our youthful shape. Start with these easy fixes:

- **Stand tall.** Fight hunching with back bends and moves to strengthen your core. The NHS's

Livewell suggests chest stretches: stand and clasp your hands behind you, palms down, back straight. Hold 30secs; repeat 10 times.

- **Get stronger with strength training** twice a week – use dumbbells, bands, or your own weight. Or try step-ups, alternating the feet and putting the whole foot on the step or stair, says the US Mayo Clinic. To work harder, add bicep curls with weights.

- **Stay lithe.** Combat stiffness with stretches. Try Pilates roll-downs: standing with your back against a wall, nod your head and roll down as far as you can, breathing out. Breathe in and then out as you uncurl.



Improve posture and flexibility to look youthful



*I'm fed up with waking up feeling groggy and headachey, and also with my husband who says I snore! How can I sleep more soundly?*

Snoring could be the clue, especially if you're over 50. It's often just a nuisance but if it leaves you gasping for breath, it may be sleep apnoea, which needs attention.

Usually thought of as a problem for middle-aged men, sleep apnoea is under-diagnosed in women, says Professor Adrian Williams, who advises the British Lung Foundation. Women may be wrongly treated

for anxiety, he says, perhaps since we're more likely to report insomnia and stress than snoring. But, as sleep apnoea is linked to heart disease, it's vital to 'fess up. Try recording yourself overnight to monitor snoring, and check out the Epworth Sleepiness Scale (at [blf.org.uk](http://blf.org.uk)) to assess daytime drowsiness. Together they can show you – and your GP – if there's cause for concern.



**Phew! Breathing exercises can help you sound younger**



## Pitch perfect

A clear, resonant voice is one of the most overlooked secrets of youth. It inevitably deepens over time, but you can sound more like Mariella and less like Dot Cotton! Research shows that singers sound younger for longer – try these tips from their regime:

### ■ Sing 'oo' through a straw.

It increases pressure below the vocal folds, extending your vocal range.



### ■ Try belly breathing.

Letting your belly rise when you breathe in and fall as you breathe out supports and strengthens the voice.

### ■ Have a dental check-up.

Missing or crooked teeth make it hard to speak distinctly – it may be time to book a dental appointment! □

## HOW SHE DOES IT!



*These days, actress CHERIE LUNGHI, 63, is 'extremely content', but surviving the menopause wasn't easy: 'I suffered appalling anxiety, and it affected my concentration. I went on to decaffeinated everything – which halved my hot flushes – increased my soya intake and got rid of alcohol and dairy. I took red clover and saw an acupuncturist, which also contributed. In four weeks, I felt 500% better.'*



## The sharp choice

I spend my days in a freezer. It's incredibly cold and icicles can form in my hair. Whether I'm carving ice or sawing firewood, my chainsaw is always up to the job. Pushed to the limits, it never lets me down.

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# Eat, drink, enjoy

*Don't let sensitive teeth put you off enjoying hot or cold food and drinks. Used every day, a Sensodyne desensitising toothpaste can keep pain at bay*

If you've ever winced while sipping a hot drink or felt a stab of tooth pain in a cold wind, chances are you have sensitive teeth. It's a problem one in three of us experience as the softer dentine beneath the hard enamel in our teeth becomes exposed over time. What few people realise is that it's easy to soothe long term with twice-daily use of a Sensodyne desensitising toothpaste, which is specifically designed to relieve the pain of sensitive teeth and help prevent it from coming back.

Dentists, who see patients every day suffering needlessly with sensitive teeth, recommend brushing twice daily with a desensitising toothpaste, such as Sensodyne Complete Protection, which works by creating a protective layer over the tooth, helping to strengthen and re-harden the enamel. It also helps to protect against plaque, maintain healthy gums, restore natural whiteness and freshen breath. Simply use it in place of your regular toothpaste and feel free to enjoy life's little pleasures without a twinge.

**For the vast majority of people, the solution to sensitivity is as simple as brushing your teeth twice a day with a Sensodyne desensitising toothpaste'**

**Chris Branfield, Dentist**



## PLEASE YOURSELF

*Don't let sensitivity hold you back. Use Sensodyne desensitising toothpaste twice a day and take these things for granted again:*

- 1 Laughing outside on a cold day without risking a stab of pain.
- 2 Taking a sip of a hot drink without bracing yourself or having to let it go cold.
- 3 Brushing your teeth the way your dentist recommends, without avoiding sensitive areas.
- 4 Enjoying a cold drink with ice or a scoop of ice cream.
- 5 Eating occasional sweet treats without worrying the sugar will cause a twinge.



*For advice about sensitive teeth, visit [sensodyne.co.uk/askadentist](http://sensodyne.co.uk/askadentist)*



## ASK SARAH

Dr Sarah Jarvis answers your health questions this month



◆ The embarrassment of prolapse ◆ Are sweeteners safe? ◆ Stature stats

# How can I fix this awkward problem?



*When I went to my GP with discomfort in my vagina I was horrified to be diagnosed with prolapse. I'm only 42. I feel so old! Can I cure it without surgery?*

**A** It's thought that up to half of women who have had children have some degree of prolapse. However, probably fewer than one in five of them seeks help, so it's hard to be precise. This kind of prolapse – properly called genito-urinary prolapse – happens when the support structures of the pelvic floor, which hold the organs inside your pelvis in place, are weakened. Sometimes it's the structures in front that prolapse – the bladder and the urethra (the tube your urine passes out of); sometimes the back – the back passage or rectum; and sometimes the womb, which sits in the middle. In 'first degree' prolapse of the womb, the cervix sits low in the vagina but doesn't protrude; in second degree the cervix protrudes; and in third degree the whole womb can prolapse completely out of the vagina.

The most common cause is pregnancy, particularly with a difficult vaginal delivery. However, increased pressure inside your abdomen, because

of obesity, heavy lifting or chronic cough, can also put pressure on the pelvic floor. Most women of your age haven't gone through the menopause, but this can definitely make symptoms worse. Low oestrogen levels make the tissues in your vagina and pelvic floor thinner and less supportive.

Symptoms depend on where the prolapse is, but include a lump or dragging sensation in (or outside) your vagina; pain in the vagina or lower stomach; painful sex; needing to pass water more often (sometimes with urinary leakage); problems opening your bowels or a sudden urge to open them.

Treatment will depend on the severity of the prolapse and how much it's affecting your life. For a fairly mild one, regular pelvic floor exercises may relieve discomfort. If you carry excess pounds, losing weight can reduce the pressure, and after the menopause, topical oestrogen cream can help plump up the supportive vaginal tissues.



*My sister uses sugar substitutes in cooking and is urging me to switch to help me lose weight. Do you think they are safe?*

**A** The first low calorie sweetener was discovered in 1879, and a wide range – saccharine, aspartame, sucralose and stevia – are now marketed in low calorie foods or as sugar substitutes in cooking. Stevia is the first 'natural' substitute – it comes from the Stevia plant, known as 'candyleaf' in its native New Mexico.

There have been concerns about sweeteners. An aspartame cancer scare led to the European Food Standards Agency examining the evidence again in 2013 – it concluded that up to 40mg/kg a day is safe. Average consumption is 10% of that. Some theories say sweeteners in food make you crave sugar, so won't help with weight loss. In fact, a review of studies of more than 100,000 people suggests low calorie sweeteners can help with weight loss. They're not enough alone – average weight loss from substituting sweeteners adds up to ½lb (225g) a week – but alongside calorie control and more exercise, they're safe and effective.

## OUR HEALTH PROMISE



No fluff, no crackpot theories or bad medicine. Health articles in Good Housekeeping are double-checked for accuracy by a leading expert from the GH Health Watch team.

## Want to ask Sarah a question?

Email [ghaskssarah@hearst.co.uk](mailto:ghaskssarah@hearst.co.uk) or write to Ask Sarah, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are unable to respond to letters individually.

## SARAH'S ADVICE... The long and short of health risks

If you're vertically challenged – as I am – studies linking height to health risks are sure to make you sit up. Here's what you need to know

**1** Being short can be bad news for your heart – a new study suggests that a woman who's 5ft tall has a risk of heart disease that's one-third higher than for a woman of 5ft 6in.

**2** The odds are also stacked against you in terms of stroke if you're short, with every extra inch of height reducing your risk of suffering a stroke by 6.5%.

**3** Where cancer is concerned, it's taller people who have to worry more. Taller people are more likely to be diagnosed with a range of cancers, such as breast, colon, ovarian, skin and (in men) prostate cancer.

**4** Alzheimer's disease is also more common in short than in taller people. In addition, risk factors for vascular dementia are linked to those for heart disease.

**5** Other factors play a bigger role in health than height, so diet, smoking, weight, exercise and alcohol intake may need attention. □



Height is a determiner of several conditions





Join the conversation



\*2015 Sanctuary survey. Sample 1,064 women.



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# HOURLY

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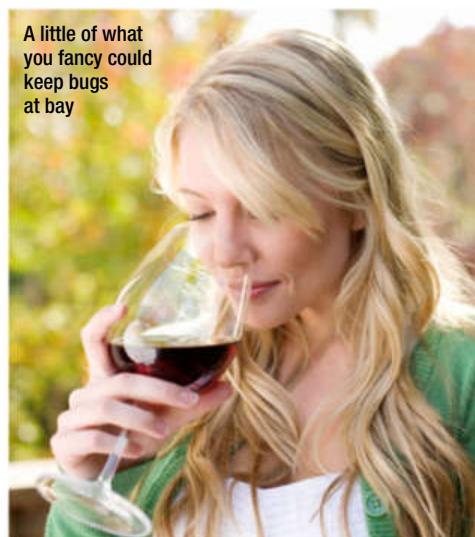
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Registered nutritionist Anita Bean uncovers what's healthy and what's hype

# Indulge and fight off that cold

**H**urrah! A glass of red wine and a bite of chocolate may help prevent us succumbing to coughs and colds. A study from New Zealand found people were 33% more protected from minor illnesses if they regularly ate foods containing flavonoids – red wine, green tea, apples, blueberries, cocoa and onions. Because flavonoids have anti-viral, anti-inflammatory and antioxidant properties, they can boost your immune system and make you less likely to catch a cold. We have yet to hear of a more enjoyable preventative measure. How much should you eat? About 0.5g of flavonoids, which you can get from five servings of vegetables and two of fruit each day, in a variety of colours. Quench your thirst with green tea and treat yourself to the occasional glass of red wine.



All change:  
a daily juice  
could ease  
symptoms

## MAKE MINE A TOMATO JUICE

Drinking a daily glass of tomato juice may help ease menopause symptoms, according to researchers. In a study of 93 women, those who drank 200ml of the juice twice a day for eight weeks had a dramatic reduction in overall symptoms, such as anxiety, hot flushes and irritability, as well as lower blood fat levels and a higher metabolic rate (the number of calories you burn at rest). This is thought to be due to high levels of natural substances in tomato juice that act in a similar way to the hormone oestrogen.

## FOOD TEST ALERT

Over the past 30 years, the number of people reporting they suffer from food intolerances has risen sharply, but bogus tests mean that many cases could be misdiagnosed. A new guide from Sense About Science warns against self-test kits and high street tests – such as IgG testing, Vega testing, hair analysis and kinesiology – because they are unreliable and have no sound scientific basis. Instead, talk to your GP, who may refer you to a dietitian. The best way to diagnose a food intolerance is to stick to a

strict food exclusion diet followed by structured re-introduction. Allergy UK (allergyuk.org) advises:

- ◆ If you've ever had a severe reaction to any food (including anything other than bloating or tummy discomfort), always see a doctor rather than trying any home measures.
- ◆ Keep a food and symptom diary for two weeks before you start the diet to identify likely food culprits.
- ◆ Eliminate just one food or food group at a time. Dairy products, wheat, gluten, eggs and coffee are the most common triggers. □



## SMALL CHANGES, BIG DIFFERENCE

Boost your willpower! Here's how far you would have to walk to burn off the calories in your favourite cakes:

◆ 1/10 Waitrose Seriously Victoria Sponge Cake	253 cals		3.1 miles
◆ 1/8 Tesco Angel Layer Cake	289 cals		3.6 miles
◆ 1/6 Sainsbury's Taste the Difference Coffee Cake	289 cals		3.6 miles
◆ 1/8 Asda Chosen By You Cherry Madeira	136 cals		1.7 miles
◆ 1/10 Marks & Spencer Lemon Drizzle Cake	255 cals		3.2 miles
◆ 1/9 McVitie's Jamaican Ginger Cake	93 cals		1.2 miles
◆ 1 slice Starbucks Chocolate Cake (about 150g)	624 cals		7.8 miles

# Modern British

Play with texture and colour this Autumn and make a statement with Laura Ashley's new takes on classic home-grown style



British  
wool check  
top, £70



Wool jacket,  
£65



Wool check  
saddle bag, £45



**T**he warm shades and flattering shapes of Laura Ashley's new-season clothing range will carry you from midweek meeting to weekend coffee shop catch-up with confidence. Quintessentially British tweeds and checks have been updated with inspiration from nature's colour palette – think cinnamon,

beetroot and chestnut, plus soft woodland hues and on-trend teal. Patterned separates get the bold treatment too, with eye-catching new colours to mix and match with neutrals – or dare to clash with wool checks. Add accessories like a cosy, chunky knit scarf for an autumnal look – this season anything goes, as long as the tone is home grown.

Visit [lauraashley.com](http://lauraashley.com) for  
more style inspiration and  
to find your nearest store.

LAURA ASHLEY



# Your best hair EVER!

Every woman deserves a  
good hair day. Every day.  
Thicker, fuller, glossier, more  
vibrant colour... Here's how  
to get the hair you want



## Get the best from your natural texture

### CURLY

#### \* IN THE SALON \*

'As long as curls are kept in good condition, you can wear any style you like,' says James Galvin, Creative Director at Daniel Galvin. 'Shoulder-length layers break up longer hair, but avoid damaging razors or thinning scissors. Regular trims every six to eight weeks keep ends looking sharp.'

#### \* AT HOME \*

'Using a diffuser on a low heat, twist sections of hair around fingers. This creates defined curls that have bounce and structure,' says James. 'For a speedy style, blow dry hair upside down, massaging the roots to create extra lift.' Scrunching hair when drying separates curls, causing fluffiness, while hydrating oils, serums and creams define curls and add shine. Also try Dove's new oil-based Quench Absolute Ultra Nourishing Shampoo and Conditioner, £5.99 each.

### FINE

#### \* IN THE SALON \*

'A one-length, graduated bob boosts body,' says hairdresser Anna Veck. 'I like to keep the ends blunt to give the illusion of fuller hair.' Don't be scared to experiment with statement styles, either. You can add oomph to a choppy, textured pixie crop by using a small amount of wax on the top section to hold volume. Or try a deep side parting to add additional height.

#### \* AT HOME \*

Spray roots with Revlon Professional's Style Masters Elevator Spray, £11.15 (revlonprofessional.com), then roughly blow-dry hair until it's about 80% dry. While hair is still warm, wind some medium-size Velcro rollers along the crown and parting. Leave to cool, then take out and gently brush through. On shorter styles, rough dry as before and use a round vented brush like Mark Hill Blow Out Moroccan Argan Oil Round Brush, £9.99, sweeping the brush from side to side and forward to add volume.

### STRAIGHT

#### \* IN THE SALON \*

'Invisible layers remove excess weight, but still leave length and body,' says celebrity hairdresser George Northwood. 'They're only detectable when hair moves and they add guts to poker-straight hair.' Symmetrical layers look dated, so ask your stylist for superfine layers cut in random sections. Longer layers prevent a style from becoming top heavy and looking mushroomy.

#### \* AT HOME \*

Straight hair can become limp and heavy quickly because its roots lie flat on the scalp. George suggests spraying Redken Volume Rootful 06 Root Lifting Spray, £11.85, into roots and then drying hair upside down for 30 seconds for extra lift.



# Update your colour

You can have great hair colour at any age, says Jack Howard, colourist and the best balayager in the business (balayage is a freehand highlighting technique). 'Look at Jane Fonda,' he says. 'Her hair has a really youthful feel.' (And yes, she has balayage).

The key to getting colour you love is communication. 'I always ask clients: what's your fantasy hair colour?' says Jack, who is based at Paul Edmonds. 'For me, colour is a feeling as much as a shade. It's good when someone comes in with a picture from a magazine or on their phone, rather than trying to describe colour just in words, as we all interpret it differently.'

## \* IF YOU'RE BLONDE \*

According to Jack, a full head of bleached highlights can look dated. But if you're a die-hard highlighter, make sure they're not too thick and chunky – baby highlights and freehand colour application can help your colour look fresher and more modern. Blondes need dimension, and a variation in tone with luminosity looks youthful. Beware monochromatic colour – though technically correct, it can be ageing.

## \* BEAUTIFUL BRUNETTE \*

The same rules apply for brunettes – the colour should be luminous and there should be variations in tone. A few lighter areas around the face are always flattering.

Beware orangey brown. 'If you want to be red, be red – not orangey brown,' says Jack. He suggests asking for L'Oréal

Professionnel Majirel Cool Cover colour, which has more blue and green tones in it to effectively cover grey without orange tones.

## \* GOING GREY? \*

When you have just a few greys, Jack recommends simply painting colour where you see them rather than tinting the whole head, which is much higher maintenance. If you have a significant amount of grey, however, the reality is root touch-ups every three to four weeks – a commitment of your time and finances. Lots of high and low lights are one way to keep hair looking natural, and can also be a route to letting your grey grow through if that's what you want to do.

## \* VIBRANT RED \*

From age 35 onwards, the richness of naturally red hair can start to fade, and some whites may start to appear. If you want to give it back some oomph, try an in-salon semi-permanent colour that also boosts shine, says Paul Bingham at Lockonego (himself a redhead). He recommends Wella Perfecton, £25, and Sebastian Laminates, £30.

Once you have more than a few whites, if you don't want to grow them through, you'll probably have to edge towards a permanent colour because of the colour contrast, he says. Most redheads have a gold rather than a red copper tone, which many hairdressers mistakenly apply. 'Take a picture of yourself in your 20s to your hairdresser,' recommends Paul. 'Matching that colour density will give a more youthful effect.'



## GROWING IN GREY

Fed up with colouring?

So was fragrance PR Nicola de Burlet, who has now embraced her grey: 'It was the time I spent covering my greys that made me want to grow them out. I had my first greys at 23, didn't get on with home hair dye and had a mouse-with-highlights bob for many years. Then, when I had a child, I didn't have the time to spend three hours in the salon!'

'I met my hairdresser, Mathew Alexander, through work. As well as cutting my hair shorter, he helped me grow through my grey. He put in platinum highlights and a minky toner, and we worked from there, adjusting them to create my current look, which I love. It's taken a couple of years, but now I just have a toner at the same time as my cut. Grey can make you look washed out, so I've embraced colour in my clothes and make-up. I think with that and a sharp haircut, grey isn't ageing.'

## WHAT WILL SUIT YOUR FACE SHAPE?

Whether you want sharper cheekbones and a healthier-looking complexion, or simply a more adventurous (yet low-maintenance) alternative to your usual colour, contouring could be the answer. Created by Marc Trinder at Charles Worthington ([charlesworthingtonsalons.com](http://charlesworthingtonsalons.com)), light and shade are added to the hair to enhance and flatter specific face shapes. Our tester was a heart shape, so lighter pieces were woven around the jawline and ears to soften the bottom half of her face. By mixing fine, light tones with depth at the roots, the aim was to visually create a more oval face shape – seen to be the ideal. The result was flattering and natural, and accentuated her eye colour. From £75.

## DOING YOUR OWN COLOUR?

'Pick your shade wisely and follow instructions,' says Lockonego's Jonathan Long. 'Choose one to three shades lighter or darker than your base shade and go warm or cool to complement your skin tone.'

Beware of too much colour building up on the ends, as it looks very unnatural. You don't need to take the colour all the way to the ends every time – touch up roots with a colourant such as Clairol Nice 'n Easy Root Touch Up, £4.99.



Recapture a  
youthful glow  
with clever  
colour tricks



A close-up, high-key portrait of a woman with long, blonde, wavy hair. She has blue eyes and is looking slightly to the right of the camera with a soft expression. Her makeup is natural, featuring pink lipstick and subtle eye shadow. The lighting is soft, highlighting the texture of her hair and the contours of her face.

The right  
products,  
heated rollers  
and gentle  
backcombing  
can instantly  
boost volume

# How to handle thinning hair

**Losing your hair and decreasing hair density is a highly emotive subject, and can be difficult to discuss. We put some commonly asked questions to experts Justine Hextall, Consultant Dermatologist at the Arundel Clinic and trichologist Anabel Kingsley of the Philip Kingsley Clinic.**

**QUESTION** My hair is looking thinner around the hairline and my scalp seems more visible. What's going on?

**AK** A receding hairline and overall thinning is usually genetic, and it's more common after menopause when oestrogen levels drop, as oestrogen keeps hair in its growing phase. If you've a genetic predisposition, some contraceptive pills, such as Microgynon, can cause thinning, too. In the clinic we

can prescribe medication to block male hormones (women have them, too) and drops to be applied topically, which can help reduce the thinning. We'd also always recommend a blood test to check for nutrient deficiencies, such as lack of iron or B12, which can be treated with supplements.

**JH** As you get older, testosterone levels are relatively higher. This causes the hair follicles to become smaller, so the hair naturally grows through thinner. Stress may also be a cause – which can be hard to pinpoint, as it could be stress from a year ago that's the culprit. Thyroid problems are a common cause, too. Losing the last third of your eyebrow can be a sign of an underactive thyroid along with head hair thinning. It's a complex issue and needs thorough investigation, so that

solutions can be prescribed that address the cause.

**QUESTION** I've got a 10p-sized patch of hair loss. Will I lose all my hair?

**JH** It's very unlikely. Is the patch shiny? If it's not, it's alopecia areata – and even if you do nothing you're likely to get hair regrowth, though it's unpredictable. If it's shiny, it could be scarring alopecia, and hair may not grow back if the follicle has been destroyed. See your GP or a dermatologist for advice as soon as possible.

**QUESTION** When I put my hair in a ponytail, it feels a lot thinner than it used to. Is it my age? I'm 50.

**JH** It probably is age! As well as hormonal changes that affect the hair, our hair cycle changes, too. More of it is in

the resting and falling phases than in the growth phase, and even a small change in the cycle can make a difference to the look and feel of your hair. There's evidence that some supplements, such as Viviscal, can help hair thicken up and shed less, though there's more work to be done in this area.

**AK** It could be that your hair's simply going through the ageing process. But if it's more sudden, with excessive daily hair shedding, there's always a cause – and once that is found and treated, your hair will retain its density. For instance it could be a lack of protein in your diet, low iron or crash dieting. A fever can cause shedding, too. If you have flu and a high temperature, for example, you may well see some temporary shedding about six weeks later.

## The best products for fine and thinning hair

### MASSAGE IN...

An organic pea sprout extract in **Charles Worthington Thicker & Fuller Scalp Tonic**, £7.99, helps to prolong the hair life cycle and prevent excess shedding. Use after washing with the hydrating, anti-breakage **Charles Worthington Thicker & Fuller Shampoo and Conditioner**, £6.99 each.

### USED DAILY...

Targeting hair as it emerges from the follicles, **Pantene Hair Strengthening Primer**, £14.99, contains caffeine, vitamins and a peptide to boost the fibres' natural strength and flexibility. Used on wet or dry hair, it helps to make it less prone to future breakage and damage.

### STYLE WITH...

Nioxin's Pro Thick styling range contains thickening polymers that bind to the hair shaft, instantly creating density and making the scalp

look less visible. The mousse-like **Nioxin Bodifying Foam**, £16.50, impressed our tester, who reported that it didn't leave her hair crispy or crunchy.

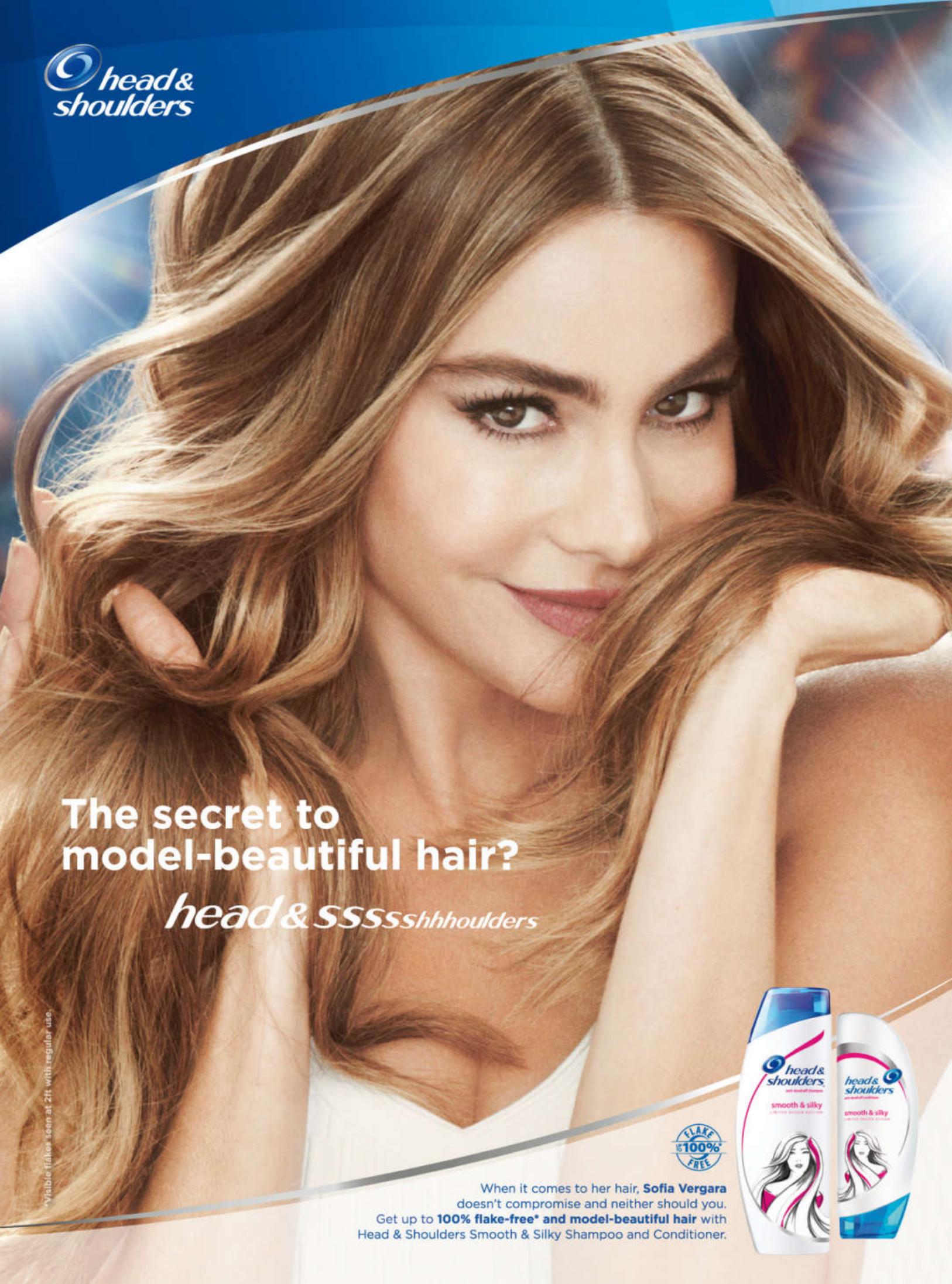
### FULLER HAIR TRICKS

- ❖ If your hair is thinning around your hairline, the easiest trick is to cut in a fringe, says Lockonego's Jonathan Long. He reckons a fringe is like grass – when it's long it looks wispy, so the shorter your face shape can take, the better, as your hair will appear thicker.
- ❖ Velcro rollers are great for adding volume. Jonathan recommends a brickwinding technique: overlap the rollers like bricks in a wall (ie, not on top of each other). Winding the hair under brings it down, while curling it towards the back of your head pushes it away from the face.
- ❖ A little backcombing at the crown gives volume. Using a bristle brush, take big sections, hold tight to create tension, then lightly push from mid-length to roots with a couple of strokes only.



ABOVE Daily care for thinning hair  
BELOW Add volume with Velcro rollers





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When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free\*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



# Try extensions for fuller hair

If you've envied celebrities' thick, bouncy hair, console yourself with the fact that it's probably not theirs. Overly long and badly-coloured extensions have been replaced by discreet versions that are virtually undetectable. 'A lot of my older clients are looking to subtly boost volume, not length. And although extensions can't disguise thinning or bald patches, they can add realistic thickness and body to fine, more mature hair,' says extension specialist Inanch Emir ([inanch.com](http://inanch.com)). Enthusiasts claim they're low maintenance, although if you're a keen exerciser or swimmer you may have to pass, as both sweat and chlorine can make extensions fall out. The real damage, though, is caused when extensions are left in past their natural shelf life of around 8-12

weeks. This causes prolonged excess pressure at the roots, weakening hair and resulting in matting and knotting. 'Wearing extensions is a bit like having a pet,' says Sarah McKenna of Vixen & Blush extension salon. 'You have to invest a lot of time, money and care on them. But if you're prepared to make the effort, they can be a brilliant anti-ageing boost.'

## \* THE TECHNIQUES \*

The latest technology, called cold fusion, uses ultrasound vibrations to seal the bond in place. It's currently only available at Four London Salon ([fourlondon.com](http://fourlondon.com)), from £300. Most salons either use micro bonds, which need keratin glue to adhere to hair, or reusable, glue-free micro rings. Prices vary

depending on the length, condition and quantity of hair, but start at around £200.

## \* DIY EXTENSIONS \*

For a party or to inject volume into fine hair, clip-in hair pieces are a temporary, more affordable alternative. Stylist Jonothon Malone uses them to add red carpet wow in minutes: 'For a natural finish, use four pieces from the nape of the neck to the crown, and two either side of the ears. Backcomb the roots above where you're fitting the piece to help disguise the clip and create more body.' Jonothon recommends taking the pieces to your hairdresser, who can cut them into a customised shape. Try Sally's ([sallyexpress.com](http://sallyexpress.com)) or Hershesons ([hershesons.com](http://hershesons.com)). Prices start at £30.



## Make your hair last another day...

### DRY SHAMPOOS TRIED & TESTED

Forget the days of white chalky roots. The latest dry shampoos are much improved, perking up limp hair when you don't have time to wash it. Here are our winners:

#### WINNER



**LABEL.M**  
£11.95,  
[labelm.com](http://labelm.com)  
**GHI VERDICT**  
◆ This aerosol spray scored highest for overall satisfaction.  
◆ Kept hair looking and smelling clean, and helped testers' styles last longer. 'It blended fabulously with my roots, and gave my hair volume,' said one.  
◆ No powdery residue.  
◆ Light texture and a pleasant, summery scent.

#### RUNNERS UP



**LEE STAFFORD ORIGINAL**  
£5.99,  
[boots.com](http://boots.com)  
**GHI VERDICT**  
◆ Scored highest for adding volume to hair.  
◆ Wasn't visible in hair: 'Easy to use, blended into the hair well and didn't make my hair feel sticky,' said one tester.  
◆ Brushed out of hair easily.  
◆ Sweet, refreshing scent.



**SWELL ULTIMATE VOLUME**  
£20, [marksandspencer.com](http://marksandspencer.com)  
**GHI VERDICT**  
◆ Pump dispenser is easy to use.  
◆ Pricey, but a little goes a long way.  
◆ Fine mist is weightless in texture. 'It didn't leave a powdery residue like other dry shampoos or change the colour of my hair,' was one comment.  
◆ Fresh, herbal scent.



**Much improved: dry shampoos that don't leave a residue**

#### HOW WE TESTED

A panel of 150 women tried 16 dry shampoos. For each, they commented on ease of application, how clean their hair felt and whether the product left any residue.

86/100

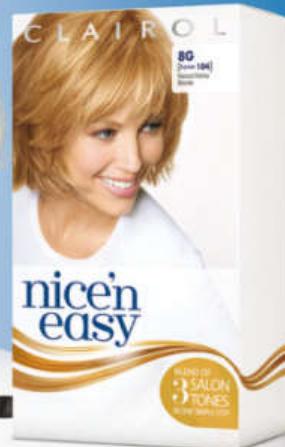
85/100

75/100

SHIFT A SHADE & FIND YOUR  
**TRUE COLOUR**

I've been the same shade  
of red for years, but it's time to  
change it up. Hello, Golden Blonde!  
Looks so natural, I almost  
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,  
**IT'S THE UK'S #1\***



nicen  
easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

\*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

# Now take inspiration from these celebrity styles

A versatile cut, flattering colour and clever styling are key to the glossiness and glamour of these GH favourites

## CUTE CROPS



JULIE WALTERS



JAMIE LEE CURTIS



CAREY MULLIGAN



SHERIDAN SMITH

## SHORT & SHARP



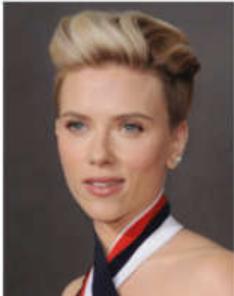
ROBIN WRIGHT



HELEN MIRREN



HALLE BERRY



SCARLETT JOHANSSON

## BOBS



ROSAMUND PIKE



DAWN FRENCH



FERN BRITTON



JENNIFER LOPEZ

## MID-LENGTH



CLAUDIA WINKLEMAN



GOLDIE HAWN



NIGELLA LAWSON



JOANNA LUMLEY

# The power of OILS

*New life for your skin: The Body Shop has harnessed the power of seed oils to replenish moisture and revive radiance*

**'Natural oils possess an incredible ability to leave skin soft, supple and soothed without feeling greasy or sticky'**

Vanda Serrador, Facialist and Body Care Expert for The Body Shop

**I**t's what we wish for – naturally glowing skin. Expert at sourcing the world's most powerful plant ingredients, The Body Shop has blended three exceptionally revitalising seed oils to create an intense concentrate for skin of all types. 'Individually, these oils are potent skin savers. Blended together, they nourish and hydrate skin, resulting in real radiance,' says Jennifer Hirsch, Botanist for The Body Shop. 'Thanks to their high affinity with the body, you can see dull skin coming back to life as the nutrients in these oils go to work,' adds Facialist Vanda Serrador. Women who tried them agree. A delighted 92% loved the way they were absorbed quickly and left their skin instantly softer, while 90% said their skin felt better nourished\* and 81% reported their skin looked intensely revitalised\*\*. That's real power.



Oils have a high affinity with skin. As they go to work, radiance and suppleness are visibly restored



## HYDRATED

Oils Of Life Intensely Revitalising Essence Lotion, £15 for 160ml, is a refreshing new way to enjoy skin oils. Combining the coolness of water with silkiness of oil, it leaves skin feeling plump and dewy soft. To intensify the radiant effects of the oils, apply directly after cleansing: pour a few drops into the palm of your hand or on to a cotton pad, then sweep over your face and neck for perfectly hydrated and soft-to-the-touch skin.

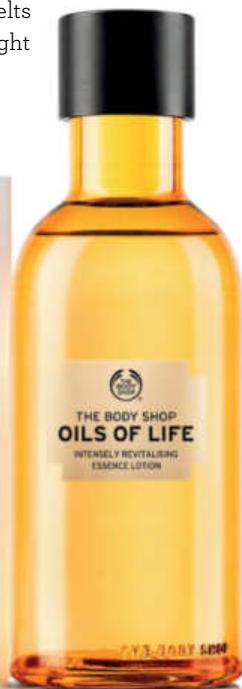
## RADIANT

Nutrient-rich seed oils are natural powerhouses. Oil of Life Intensely Revitalising Facial Oil, 30ml, £28 combines potent antioxidant-rich Egyptian Cumin Seed Oil, Rosehip Seed Oil from the Andes, which is rich in essential fatty acids omega 3 and 6, and Chinese Camellia Seed Oil, full of oleic acids. Massage two or three drops over face and neck for instantly nourishing radiance, to minimise the appearance of fine lines and wrinkles.

## NOURISHED

Silky soft and deeply hydrating, Oils Of Life Intensely Revitalising Day Cream, £25 for 50ml, contains a potent oil blend with micro pearls for a radiance that visibly reduces the signs of ageing. Skin is instantly nourished and hydrated, looking visibly smoother and more luminous, and feeling super soft. Oils of Life Intensely Revitalising Gel-Cream, £25 for 50ml, melts in effortlessly for an ultra-light and refreshing option.

*For your free sample of new Oils Of Life Intensely Revitalising Facial Oil (selected stores only, while stocks last) and personalised expert advice, visit your nearest The Body Shop store. The new Oils Of Life collection is available in store, online and via The Body Shop At Home. Call 0800 092 9090 to book a party.*



# Liquid Gold

Miracle for Your Hair  
immediately restores, softens and nourishes  
your hair, producing luminous shine.

john  
masters™  
organics

Elixir of Youth for Skin  
a repairing and nourishing serum  
rich in antioxidants and anti-ageing  
properties, contains 80% of essential  
fatty acids and 3 times more vitamin E  
than any other oil.



Exclusive  
Offer

20% off John Masters Organics using code: GH10  
offer excludes travel sizes and collections

[www.johnmasters.co.uk](http://www.johnmasters.co.uk) Offer ends 15<sup>th</sup> October 2015

# BEAUTY AT ANY AGE

News ♦ Treats ♦ Trends



## 3 SKIN IMPROVERS

Our tester loved new Oils of Life Intensely Revitalising Facial Oil from **The Body Shop**, £28. She used it both AM under make-up and PM after cleansing.

Clever ingredients in **Estée Lauder** New Dimension Shape+Fill Expert Serum, from £62, work to make skin look plumped, uplifted and glowing, and it's rather addictive. Expect friends to ask what you're doing differently...



Designed to boost the delivery of anti-ageing ingredients into the skin, **Avon ANEW** Essential Youth Maximising Serum, £25 (avonshop.co.uk), increases your moisturiser's effectiveness, and also helps skin firmness and brightness.



*Spotted some GREYS in your BROWS? Don't pluck them – you'll end up with gaps and spoil their shape. Use a COLOURED BROW GEL or tint them with EYLURE PERMANENT TINT FOR BROWS in dark or mid brown, £9.95.*

## ON TRIAL Mascaras



Every month, our panel tries dozens of the latest beauty products. These got top marks:



### Lancôme Hypnôse Volume-à-Porter, £22.50

'This goes on so easily and allows you to reach every lash. I didn't have to use an eyelash comb afterwards, either.'



### Max Factor Velvet Volume False Lash Effect Mascara, £11.99

'I loved the volume this gave me – without spikiness or making my lashes feel brittle.'



### Clinique Chubby Lash Fattening Mascara, £17.50

'The brush is big but not unwieldy, and gave my sparse lashes thickness and a good shape, without smudging.'

## BUYS OF THE MONTH



A mature rose garden in cool cloisters inspired [1] **La Montana** Sacred Roses candle, £35 (myshowcase.com). Add a pop of pink with [2] **Guerlain** Rose aux Joues Tender Blush in Morning Rose, £33.50. Make a statement with [3] **Dior** le Vernis in Miroir, £19. [4] **Darphin** 8-Flower Nectar Oil Cream, £65, is a nourishing, aromatic treat for dry skin. Try on-trend shades of pale pink, blush or berry with [5] **Clarins** Joli Rouge Lipsticks in (left to right) Petal Pink, Raspberry or Royal Plum, £19.50 each.



Just add probiotics

We're not fans of complicated skincare routines, but **Elizabeth Arden Superstart Skin Renewal Booster**, £45, is worth adding. The pre-serum (yes, really) optimises skin's natural defence and repair systems, but its probiotic complex really caught our eye. New research highlights the importance of healthy skin microflora, which is easily disturbed by washing. Expect to see more probiotics in skincare soon...

## GH EXCLUSIVE

*Claim your free L'Occitane anti-ageing mask or oil*

### FREE L'Occitane IMMORTELLE DIVINE MASK OR OIL

Complete this coupon and present in store to collect your free L'Occitane product.

Title  Mrs  Miss  Ms  Mr

Other \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Date of birth \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

L'Occitane would like to keep you informed of new products and offers. If you would prefer not to receive this information, please tick here.



**TERMS & CONDITIONS** Offer valid until 9 October only, while stocks last. Voucher entitles the bearer to a free Divine Mask (8ml), worth £12, or Divine Oil (4ml), worth £11, at L'Occitane boutiques in the UK and Ireland only. Offer excludes boutiques at: Bicester Village, Cheshire Oaks, Portsmouth, Kildare Village, all department stores, airport stores and any other independent L'Occitane stockists. Offer subject to availability and cannot be used in conjunction with any other offer or exchanged for cash. No alternative product can be chosen. Only one voucher and one product per customer. Photocopied, damaged, defaced or incomplete vouchers will not be accepted. \*Calls from consumer landlines and mobiles are free; calls from other phones may incur a charge.

## NEW SEASON SCENTS

The sensual sandalwood and tonka bean base of [1] VAN CLEEF & ARPELS FÉERIE RUBIS, £80, lingers on your skin hours after spraying. If you're looking for something lighter, try [2] DOLCE & GABBANA VELVET MIMOSA BLOOM, £155 ([harrods.com](http://harrods.com)), a sexy mix of fresh florals and citrus notes. The first fragrance from Prada's little sister is, as you would expect, a very stylish scent indeed. [3] MIU MIU, £48, is feminine but not girly: the warming, peppery base is blended with lily of the valley and jasmine. □



Whatever your age, it's never too late to start getting serious about skincare. Try L'Occitane's award-winning Immortelle Divine Collection, which combines natural extracts and cutting-edge science. The key ingredient comes from the organic essential oil of the Immortelle plant, with anti-ageing properties that boost collagen production and improve skin's micro-circulation.

New to the Immortelle range is the Divine Mask, which can be used nightly on dry skin or as a once-a-week treat. The Divine Youth Oil contains a skin-plumping blend of primrose, buckthorn and rosehip oils to protect and repair. L'Occitane is offering GH readers the chance to try the new Immortelle Divine Mask, or the bestselling Immortelle Divine Youth Oil, for free.

## HOW TO CLAIM

To receive your free luxury travel-sized product, simply fill out this voucher and take it to your nearest L'Occitane boutique between 25 August and 9 October. Visit [loccitane.co.uk/stores](http://loccitane.co.uk/stores) or call 0800 368 9000\*, Mon-Fri, to find your nearest L'Occitane boutique.

\*65 people (with fine or thinning hair) questioned on a 1 week home user trial using shampoo and conditioner  
\*\*65% contain organic pea sprout extract to stimulate hair growth. When tested by 101 people in a 4 week home user trial using shampoo, conditioner and tonic.



HAIR FEELS THICKER  
IN JUST ONE WEEK\*  
NEW **THICKER & FULLER**  
**3-STEP REGIME**



Luxurious hair thickening 3-step regime formulated with strengthening Keratin, scalp caring Vitamin E, and Organic Pea Sprout to prolong the hair life cycle

- STEP 1** + **STEP 2** Hair feels thicker in just one week\*
- + **STEP 3** Helps stimulate hair growth for lasting results in just 4 weeks\*\*
- Used together, the regime will make hair feel stronger, thicker, and gorgeously full

EXCLUSIVELY AT BOOTS

# Look good, feel great

Chef Tess Ward loves yoga for a healthy mind and body – and relies on the right products to look after her sensitive skin

**A**s a chef and lifestyle blogger, Tess Ward knows what makes her body feel good and look great – it's about what she eats, how she exercises and how she cares for her skin. 'I practise yoga every morning to feel strong and relaxed, and use only the purest ingredients in my food. I take the same approach with my beauty routine and rely on Simple Micellar products for my skin, which can be sensitive on occasions,' says Tess. Leaving make-up on during exercise can mean dirt sticks to your skin and clogs your pores, so for a speedy cleanse on the go, Tess uses Simple Kind To Skin Micellar Cleansing Wipes. 'They're a convenient way to cleanse my skin quickly, and they take up such little space in my handbag – brilliant!' she adds.



**Yoga helps Tess feel energised and ready to face the day**

## EXPERT ADVICE



Lisa Valencia is a make-up artist and part of the Simple Kind Community, a panel of beauty and lifestyle experts who share their top skincare advice, tips and tricks: 'My skincare philosophy is care, not conceal. I believe skin that is well cared for is essential as a base for flawless make-up. I swear by a good cleansing and moisturising routine to help me look and feel my best.'



**'Simple Kind To Skin Micellar Cleansing Wipes are a convenient way to cleanse my skin quickly'**

Discover a skincare regime to suit you and find out how to get naturally healthy-looking skin. Visit [simpleskinadvice.com](http://simpleskinadvice.com) to take a short quiz, receive a personalised skin map and watch videos from the UK's biggest beauty bloggers.



Simple Kind To Skin Micellar Cleansing Water gently removes make-up and helps to unclog pores. Made with triple-purified water, it instantly hydrates skin and leaves no residue. And when you're on the go, you can get the same benefits with a handy pack of Simple Kind To Skin Micellar Cleansing Wipes.



## DON'T LEAN IN -step back

Doing less could help you more

New research by Sanctuary Spa reveals that 75% of women feel they put too much pressure on themselves to be perfect – even though they accomplish, on average, 23 tasks a day. Sanctuary Spa's #LetGo life-strategist, Jenni Trent Hughes, notes that if we're not feeling busy and stressed, we think we're not doing enough. Time to step back.

Start with Jenni's TT3 – the top three things you want to accomplish today. They can be small, medium or large things, but stick to just three. Write them on a little notepad and cross them off when you've done them. At the end of the day, rip up the paper, throw it away and congratulate yourself.

# BODY & SOUL

Our round-up of tips, news and advice to boost your wellbeing

### WEEKEND YOGA SPA

Best known as feisty Leyla Harding in *Emmerdale*, Roxy Shahidi is also a fully qualified yoga teacher with three bestselling DVDs. Now, with her best friend and fellow yogi, Jasmin Bahia, she's launched Strength and Grace yoga retreats at [Champneys](#) resorts. The one-night-only retreat, from Saturday morning to Sunday lunchtime, includes three yoga classes and time for individual consultations. 'Whether they're a novice or an expert, what we hope people take away is the knowledge and confidence to practise yoga at home,' says Roxy. From £299 including meals and use of facilities ([champneys.com](#)).

FEATURE: SALLY BROWN; PHOTOGRAPHY (POSED BY MODELS): GETTY, GRAHAM WALSER/HEARST MAGAZINES UK

Stand up and improve your mood

### BEWARE THE CHAIR

When it comes to health hazards, sitting is the new smoking! But according to the latest research, regularly getting your bum off that chair is also good for your mental health. A study from Australia found a direct link between periods of uninterrupted sitting and increased levels of depression and anxiety. It's thought that the metabolic changes triggered after 30 minutes of sitting may also impact on brain chemistry. So next time you feel your mood taking a dip, get on your feet.

*calm in a cup*  
A great cup of tea is one of life's simple pleasures. We love new **Inner Calm** from **Dragonfly Tea**, created to celebrate the 20th anniversary of the **Liz Earle** skincare brand, and inspired by the botanical ingredients in its iconic Cleanse & Polish. It's a calming mix of camomile flowers, uplifting liquorice, and soothing lemongrass (£6 for 15 pyramid sachets from [dragonflytea.com](#)).

\* **A DAILY JOURNAL** is a simple but effective way to boost mental WELLBEING, as it helps you process thoughts, feelings and emotions. But if a blank page makes your mind go blank, try 10 MINDFUL MINUTES: A JOURNAL by GOLDIE HAWN. It contains daily mindfulness exercises, space for your thoughts, plus writing tasks such as 'Changing Perspective' – writing about a situation from another person's point of view. □



# Lingerie YOU'LL LOVE



Lisa Snowdon  
wears Amourette  
300 wired bra,  
£34, and maxi  
brief, £20, in  
Retro Pink

*For the ultimate confidence boost, treat yourself to Triumph lingerie – you're guaranteed to find the perfect fit!*

Busy lifestyles, having to guess your size, too much choice... is it any wonder that 76% of women\* are still wearing the wrong size bra? This seemingly small oversight not only leads to a lack of support, but also encourages poor posture and can cause unnecessary discomfort, as well as being a blow to your confidence.

Thanks to the experts at Triumph, you can find a bra that fits and flatters, offering the ideal foundation on which to build your outfit. Among the vast range of different styles, colours and shapes is the iconic Amourette collection. From delicate all-over lace bras with full cup or balconette styling, to smooth, T-shirt styles, Amourette has it covered. It's no wonder that broadcaster and model Lisa Snowdon is a fan. And, as with all Triumph lingerie, the generous size range ensures that there really is the right fit for everyone.

**The Amourette  
beautifully  
bridges the gap  
between style  
and support**



Lisa wears Amourette Spotlight wired padded bra, £34, and Amourette Spotlight body suit, £45



I thought I was a D cup, but discovered I was really a G!

Aneeka Davis  
Good Housekeeping reader



#### THE FIT CHALLENGE

Triumph recently held an innovative Fit Challenge day for GH readers. With the help of brand ambassador Lisa Snowdon and renowned blogger Poppy D, readers undertook a series of challenges to highlight the importance of wearing the right fitting bra. The fun-filled day kicked off

with a personal colour analysis, followed by an exercise in identifying the link between correct sizing and good posture. After a brief insight into the history of corsetry and underwear, readers were invited for a bra fitting. They all left feeling uplifted, informed and, most importantly, with the right bra for them!



The Amourette collection is available in a variety of colourways, with bra sizes from B-K and briefs from 8-18. ABOVE LEFT: Amourette Spotlight wired bra, £34, and Midi briefs, £20, in Raspberry Juice. ABOVE RIGHT: Amourette Spotlight wired padded bra, £34, and Tai briefs, £20, in Blue Storm

#### 20% OFF

Triumph is offering GH readers an exclusive 20% discount on the Amourette collection. Discount available at Triumph stores, participating House of Fraser stores and online. Simply show this page in store or use the code Triumph20 at checkout. Terms and conditions apply. Visit [triumph.com](http://triumph.com) for more details\*.

**Triumph**  
THE MAKER OF LINGERIE  
SINCE 1886

HOUSE OF FRASER  
SINCE 1849



## 1. *make it* **MINIMAL**

Fuss-free, clean lines in a neutral colour palette make this trend a chic, understated and very wearable winner.

Jumper with detachable snood, £149, 8-20, Marks & Spencer. Culottes, £275, 4-18, CH Carolina Herrera ([carolineherrera.com](http://carolineherrera.com)). Bag, £69.95, Zara

A new season means new clothes! And shoes, and bags... Will you choose animal print, grey on grey or ditsy florals? We pick 40 of the best looks and ideas to take you stylishly through Autumn

PHOTOGRAPHY PETER PRESTON  
FASHION EDITOR NINI KHATIBLOU

**BEST of the BEST**

# THE GH TREND EDIT

## 2. ANIMAL PRINTS *the grown-up way*

Yes, they can be subtle, even chic. Carefully-chosen animal prints can disguise any bits we prefer to camouflage, and accessories add oomph to the simplest outfits.



Cardigan, £75, 8-20, Taifun at Gerry Weber (house-of-gerryweber.eu)



Supersized specs, £182, Michal Kors at Sunglass Hut (sunglasshut.com/uk)



Snake-trim clutch, £99, Modalu (modalu.com)



Flared skirt, £195, 6-18, MaxMara Weekend at House of Fraser

### HOW TO WEAR PRINT

- Team it with black
- Keep everything else you're wearing as simple as possible
- Go easy on your make-up and aim for an understated look



A subtle print that nails the look in a shape that skims

*'Animal prints are great for accessorising and can instantly add glamour to casual and denim looks. All you need is a leopard-print clutch, belt or shoes to make a subtle statement from day to night'*

JANE RAWLINGS, DESIGN DIRECTOR AT MINT VELVET

## 3. BAG some designer style



Printed leather satchel, from £115, Vivienne Westwood for The Cambridge Satchel Company (cambridgesatchel.com)

Innovative technical designer Marios Schwab has skilfully applied his creative craftsmanship to high street brand Fiorelli. Youthful in essence, with details galore, it's a collaboration to covet at an affordable price.



Clutch, £59, Marios Schwab for Fiorelli (fiorelli.com)

Vivienne Westwood, whose 1980s Pirate collection propelled her to global fame, has brought her original squiggle print to British brand The Cambridge Satchel Company. The result? Hand-crafted mini and maxi leather satchels that inject fun into any casual outfit.



Essential tote with mini pocket, £295, Aspinal (aspinaloflondon.com)

Known for a playful approach, designer Yasmin Sewell and her *Être Cécile* studio have reworked their favourite bag shapes from the Aspinal collection. The five key styles have witty little touches in brave colourways.



# 4. new BOHO

Give bohemian style a sophisticated edge: don't overdo the accessories, and pick just one key item that defines the look. Keep to a toning colour palette and choose styles and prints that fit and flatter. If floaty chiffons aren't your thing, try a suede A-line skirt or a pair of flared jeans.

## outfit ONE



## outfit TWO



## outfit THREE



# 5. *authentic* **TAPESTRY**

Rich colours and interesting textures make this a head-turning trend. Wear patterns together or alone with plain Winter colours.



Coat, £85, XS-L, Oasis.  
Blouse, £150, 6-16, Thomas Pink ([thomaspink.com](http://thomaspink.com)).  
Trousers, £175, 8-16, Toast ([toast.uk](http://toast.uk)). Embroidered and embellished belt, £50, one size, East ([east.co.uk](http://east.co.uk)).  
Black brocade clutch, £20, Debenhams. Beaded envelope clutch, £8, and beaded bangles, £5 for three, all Primark. Silver coin necklace, £20, Freedom at Topshop. Fabric, tassel and crystal necklace, £29.99, Zara. Red necklace, £15, Accessorize



# 6. *seventies* **DETAILS**

Far from a one-season wonder, the 1970s trend is still going strong for Winter. A fringed jacket is an easy way to channel the look.

Jacket, £239, S-L, and bag, £29.95, both Zara. Dress, £49.99, 6-16, H&M. Jeans, £175, W24-32, Ida by Donna Ida ([donnaida.com](http://donnaida.com)). Shoes, £25, 3-9, Marks & Spencer. Belt, £32.95, one size, Massimo Dutti ([massimodutti.com](http://massimodutti.com)). Earrings, £480, Sheeva ([sheeva.com](http://sheeva.com)). Necklace, £484, Thomas Sabo ([thomassabo.com](http://thomassabo.com)). Hat, £140, Gat Rimon ([gatrimon.com/en](http://gatrimon.com/en))



# how we'll be working the FRINGING TREND

## 1. NINI KHATIBLOU, FASHION EDITOR

'Spring/Summer was full of tan suede fringe, so I'm excited to see all the new colour and fabric variations this season. I can't wait to snap up this chic suede coat – it's smart and sophisticated enough to wear to work or over a party dress. I'll be mixing it up with deliberate contrasts – wearing it over a sequin top or with my favourite Converse trainers.'

## 2. ANGELA KENNEDY, FASHION EDITOR AT LARGE

'I prefer the understated, and fringing just resurrects art-school memories of experimenting with fashion. But I do love fine craftsmanship, so my nod to this trend is to focus on one beautiful bag that gets the look – like this Coach bag with whiplash detail.'

## 3. JO ATKINSON, DEPUTY FASHION EDITOR

'I'm ticking off two trends with this dress – fringing and print. It's quite a bold choice for me, as most of my dresses are classic navy. I'll wear this to work with a black polo neck and add a pair of heels for evening.'



Fringed suede coat, £149, blouse, £35, suede skirt, £85, all 8-18, and thigh boots, £99, 3-8, all Wallis



Oriental kimono dress, £99, 8-18, Biba at House of Fraser



Bag, £475, Coach (uk.coach.com)

## 7. more is MORE

Is there one jewellery look that just screams now?

Yes, says Tina Lamb, Accessories Buying Manager at Harvey Nichols: 'Multi-layered jewellery taps into that 1980s rebellion seen on the catwalks. Layer pieces for a heavily embellished look – I love this bracelet that wraps around your arm and creeps down the wrist.'

  
Gold-plated Nereus bracelet, £430, Paula Mendoza at Harvey Nichols



## 8. the KNEE-HIGH BOOT

We've had the biker, the ankle and the thigh, but now fashion's back to celebrating the original knee-high boot. Pick from flat, block-heel or sky-high in a delightful range of colours and fabrics.



Brown lace-ups, £230, 2-8, Carvela (kurtgeiger.com)



Tan heels, £220, 2-8, Kurt Geiger (kurtgeiger.com)



Brown leather, £130, 3-8, Ravel (ravel.co.uk)



Brown mock croc, £160, 3-9, Clarks



Black pointed, £175, 2-8, Geox (geox.com)



## 9. the COATIGAN

*'Autumn's wardrobe must-have is a knitted "coatigan". It's a warm but lightweight throw-on to get you in the mood for those chilly days.'*

BETTY JACKSON

Textured coatigan,  
£65, 6-18, Betty Jackson.  
Black at Debenhams

## 10. the MILITARY COAT

*'This season's key coat is our W limited edition military style. It's my favourite for many reasons: the inky colour and metal trimmings that add standout detail, and the longer length that was all over the runways...'*

JO COLLINS, DESIGN DIRECTOR AT WALLIS



Military coat, £130, S-XL,  
W by Wallis



Coat, £95,  
jumper, £55,  
shirt, £37.50,  
and jeans, £45,  
all 8-18;  
and brogues,  
£69.95, 3-9, all  
White Stuff  
(whitestuff.com)

## 11. NORMCORE

Sometimes the best fashion statements are all about simplicity. The Normcore movement celebrates all things classic and basic... Forget OTT, fast fashion – this one's all about blending in!

*and we also love...*



Grey striped, £199,  
8-16, Grey & Willow  
at House of Fraser



Wrap, £199,  
8-18, Phase Eight  
(phase-eight.com)



Military, £120,  
6-18, Oasis



Striped blanket,  
£279, 8-16, Jigsaw  
(jigsaw-online.com)



Pink single-breasted,  
£299, S-XL, Winds Moor by  
Paul Costelloe (windsmoor.co.uk)



Scarf detail,  
£269, 6-18, Hobbs

## 12. *faux* **FUR**

Proving fashion can be practical, a super-cosy faux fur coat will keep you warm and glam up any outfit.



Coat, £199, 8-18, Hobbs. Sweatshirt, £75, and jeans, £125, both 8-16, both Tommy Hilfiger (uk.tommy.com). Shoes, £195, 3-9, LK Bennett. Bag, £149.99, H&M Studio

## 13. *patchwork* **JEANS**

Update your denim collection with a pair of patchwork jeans. Mix-and-match light and dark denim and look out for pairs with sparkly or bejewelled patches.





## 14. *contrasting* **JEWELLERY**

Whether you like simple and dainty or bold and statement, this season celebrates all types of jewellery. Wear clashing colours and styles together for maximum impact.

Glitter T-shirt, £101.96, XS-XL, Custommade (custommade.com). Small stud earrings (right), £12, BHS. Diamanté drop earrings (left), £16.50, Dorothy Perkins. Long mock tortoiseshell necklace, £16.50, Wallis. Neon yellow necklace, £30, and purple necklace, £50, both Meme (meme.london). REAR HAND: Double ring with thin diamanté panel, £6.50, Freedom at Topshop. Diamanté starfish ring with pearl, £79, Cadenza (cadenza.co.uk). Large iridescent crystal ring, £12, Daisy and Eve at Evans. FRONT HAND: Rose gold ring with bullseye circles, £525, and long silver knuckle ring, £179, both Thomas Sabo (thomassabo.com). Thin golden ring, £6.50 for three, Dorothy Perkins. Rose gold ring with diamanté double crescent, £59, Cadenza (cadenza.co.uk). Gold ring with round green stone, £55, Lola Rose (olarose.co.uk). Wide cuff with chain tassels, £14.50, bangle with small pearls, £8.50, both Dorothy Perkins

## 15. grey on GREY

For an instantly expensive looking and fashion-forward outfit, mix and match different shades of grey.

Coat, £160, 8-16, Next. Jumper, £10, and trousers, £20, both 8-16, both F&F (clothingattesco.com). Trilby, £65, Filippa K (filippa-k.com). Scarf, £73.57, Custommade (custommade.com). Bag, £275, Reiss (reiss.com)



## 16. understated TRAINERS

Forget loud and colourful, this season's trainer is all about clean simplicity. Wear with smart tailoring for an unexpected work look.

Trainers, £65, 4-13, Adidas at Schuh (schuh.co.uk)



BEST of the BEST



## 17. *ditzy* **FLORALS**

Traditionally a Summer print, micro-florals are everywhere this Winter. Wear with denim for a modern weekend option.

Dungarees, £49.99, S-XL, Mango. Shirt, £49.95, 6-20, Joules ([joules.com](http://joules.com)). Trainers, £48, 3-13, Converse, Schuh ([schuh.co.uk](http://schuh.co.uk)). Sunglasses, £158, Dolce & Gabbana at Sunglasses Shop ([sunglasses-shop.com](http://sunglasses-shop.com))

think floral...

## THINK LIBERTY

Anyone who is anyone in fashion has been inspired by Liberty prints – from Mary Quant to Saint Laurent and, more recently, Barbour and Nike.



## 18. flattering A-LINES

A-line is the shape for this season. Sitting happily on the knee and skimming over hips and thighs, it comes in prints, suede and denim – and even with pleats.



Pleated, £275, 8-14,  
Victoria Beckham Denim  
at House of Fraser

Monochrome print, £395,  
8-14, CH Carolina Herrera  
(carolinaherrera.com)

Red, £39,  
8-18, Wallis



19.  
*Cinderella*  
**SKIRTS**

Pastel pink skirts will be big news this Winter – wear one now with a white shirt or grey tee and ballet pumps, then glam up with a sparkly top and heels for the party season.

Skirt, £125, 8-18, Coast  
(coast-stores.com)

## 20. winter WHITE

What this trend lacks in practicality, it certainly makes up for in chic! Wear head-to-toe white for an effortlessly polished Winter look.

Rib-knit sweater, £175, and wrap front trousers, £199, both 6-20, both Jaeger ([jaeger.co.uk](http://jaeger.co.uk))



## 21. the right TROUSERS

Take your pick of the season's latest styles:



**Slim-leg,**  
£45, 6-18, Next

Cigarette pants that finish at the ankle look great on petites



Back-in-fashion flares balance curvy figures

**Flared jeans,** £265, W24-32,  
Citizens of Humanity  
([question-air.com](http://question-air.com))



Slim thighs with prints and clever colour blocking

**Print,** £140,  
W24-32, Bella Luxx  
([question-air.com](http://question-air.com))



Flatten long limbs with a bold cuff detail

**Red with black hem,** £65,  
4-18, Banana Republic  
([bananarepublic.co.uk](http://bananarepublic.co.uk))

## 22. roll up, roll up!

Normally reserved for ski trips, the roll-neck jumper has been elevated to one of the season's key trends. Wear a fine knit version under dresses and white shirts. Chunky knits and cashmere versions suit capes and blanket-style wraps.



**Grey cashmere,**  
6-18, £199, Jaeger  
([jaeger.co.uk](http://jaeger.co.uk))



**Cable knit,** £129,  
6-32, Best of British  
at Marks & Spenser



**Stripe,** £45, 8-16, Taifun  
([house-of-gerryweber.eu](http://house-of-gerryweber.eu))

## 23. the statement EAR CUFF

Bring your outfit bang up to date in one quick and easy step with a clip-on ear cuff.

**Ear cuff,** £8.50,  
Dorothy Perkins



BEST of the BEST

25.  
*the studded*  
**BACKPACK**

Who doesn't love a practical trend? This hands-free bag is perfect for days on the go, and the studded design means you don't have to compromise on style.

Backpack, £330, DKNY at House of Fraser. Sleeveless coat, £195, and culottes, £150, both 6-16, both Milly ([milly.com](http://milly.com)). Shirt, £69.90, 6-18 Austin Reed ([austinreed.com](http://austinreed.com)). Boots, £250, 3-8, Filippa K ([filippa-k.com](http://filippa-k.com)). Tights, £10, Pretty Polly ([prettypolly.co.uk](http://prettypolly.co.uk))

24.  
*the sleeveless*  
**COAT**

Suiting any age and shape, the sleeveless coat adds a tailored feel to your look.



A fashion photograph of a woman from the waist down. She is wearing a bright blue velvet jumpsuit. Her right hand is resting on a red surface, and she is holding a small, rectangular clutch bag with a large, stylized rose print in pink and red. Her left hand is on her hip, and she is wearing several gold-toned bracelets and a gold watch on her left wrist. She is also wearing red velvet pumps.

## 26. *rich* **VELVET**

Go for jewel tones in this luxury fabric. As a chic party cover-up or for an on-trend twist, style a velvet jacket with casual jeans.

Jacket, £85, 8-16, White Stuff ([whitestuff.com](http://whitestuff.com)). Top, £119, S-XXL, Persona by Marina Rinaldi ([gb.marinaranaldi.com](http://gb.marinaranaldi.com)). Trousers, £65, 8-18, Julien McDonald at Debenhams. Bag, £325, Lulu Guinness ([lulu Guinness.com](http://lulu Guinness.com)). Shoes, £24.99, 3-9, New Look. MODEL'S LEFT HAND: bangle cuff, £45, Reiss ([reiss.com](http://reiss.com)). Watch, £139, Seiko (0162 877 0988). Bangle with brown stones, £12, Wallis. Leaf bangle, £19.95, Massimo Dutti ([massimodutti.com](http://massimodutti.com)). MODEL'S RIGHT HAND: Wide cuff, £39, Reiss ([reiss.com](http://reiss.com)). Bracelet with pink and red crystals, £129, Cadenza ([cadenza.co.uk](http://cadenza.co.uk)). Cuff, £15, Dorothy Perkins

## 27. all-over KNITWEAR

What's not to love about the cosiness of knitwear worn top to toe? We saw it on the catwalks, and now it's being embraced by the high street. Try a floor-length cardigan with matching pants or a slender skirt for a stylish alternative to weekend denims.



LEFT: textured jacket, £59, jumper, £35, and skirt, £45, all 8-18, all Per Una; ribby extra-long dress and scarf, £45, 6-18, Limited Edition, all Marks & Spencer

## 28. Investment buys

It's such a treat to wrap up in super-soft cashmere or slip on a pair of luxury suede pumps. Good-quality fabrics, leather and sheepskin are expensive, so buy wisely and invest in pieces that will become wardrobe classics.



### THE GHI RECOMMENDS...



Investing in luxury fabrics means taking time to give them special care. Here's what the GHI advises:

#### SUEDE

- Treat new or newly cleaned suede with a waterproof spray to give it a protective coating.
- Wipe over dirty or rain-spotted suede with a clean damp cloth, then allow it to dry naturally.
- For serious discolouration, have item professionally cleaned.

#### SILK

- Avoid biological detergents, heat and washing soda, which can damage silk fibres. Use a mild liquid detergent designed for hand-washing.
- Use fabric conditioner in the final rinse to add softness.
- Wash garments after each wear, or perspiration stains may become impossible to remove – have other stains professionally removed.

#### VELVET

- Hang in the shower room to remove between-wear creases.
- Shake periodically when drying and smooth pile with a soft cloth or velvet brush to restore it.

#### CASHMERE

- Hand-wash in warm water using a gentle detergent. Don't rub, twist or wring. Dry flat between two towels. Pull gently into shape while damp.

#### LEATHER

- A scarf around the neck will prevent grease marks on leather collars.
- When not in use, store in a cotton cover (not polythene) on a padded hanger.
- If patent leather gets very cold it will crack.
- Leather clothing described as washable can only be sponged – never immerse it in water.

love style, love comfort, love...



## SUGAR

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### 5 STAR REVIEWS



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## JEWEL

Beautiful ballerina pump Jewel slips on softly with pillow-like cushioning that's gentle underfoot. Naturally breathable leather makes this flat shoe feel ultra-fresh.

### 4½ STAR REVIEWS



*"Love these shoes! Was able to wear them all day from day one! Very comfortable and look good too"*  
Elizabeth, Cumbria.



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## 29. the embellished BOMBER JACKET

A new way to add a touch of sparkle to your wardrobe, the sequinned bomber shouts statement style. Wear as an alternative to a tux or throw over a cocktail dress for laid-back glamour.

Sequin jacket, £130, and jumpsuit, £120, both 6-20, both Phase Eight (phase-eight.com)



## 30. everything SNAKESKIN

Another print to be seen in this season! If tops, skirts or jackets seem like too much, try an accessory like this fab bag.



Bag, £35,  
Marks & Spener

## 31. neon BRIGHTS

Liven up your Winter look with a super-fluoro watch.



Watches, £79.95  
each, all Ice Watch  
(uk.ice-watch.com)



Fedora hat,  
£45, Hobbs

## 33. fabulous fedoras

As well as offering a solution to rain-induced bad hair days, a stylish hat can pull together a look in a flash. Snap up this season's must-have fedora, which flatters everyone.

## 32. geometric jewellery

If pretty and delicate isn't your thing, bold geometric jewellery offers an equally stylish alternative. Think chunky choker necklaces, wide cuffs and angular rings.



Bicolour necklace,  
£135, Calvin Klein  
(calvinklein.com)

## 34. friendship BRACELET

Mix and match pretty beads for a subtle nod to the boho trend.



Bracelet, £23,  
Lola Rose  
(lolarose.co.uk)



A woman with dark hair and sunglasses is smiling, wearing a blue and white sequined roll-neck jumper and a dark blue sequined coat. She is also wearing a sequined skirt and a sequined bag. A red ribbon banner is draped across the bottom of the image.

# 35. sparkly **GLITZ**

Mix Lurex, sequins and embellishment for evening glamour.

Sheer roll-neck jumper, £24.99, 6-16, H&M. Short-sleeve coat, £303.85, 8-16, Custommade (custommade.com). Skirt, £99, 8-18, Mint Velvet (mintvelvet.co.uk). Sunglasses, £285, Jimmy Choo (jimmychoo.com). Ear cuff, £8.50, Dorothy Perkins. Necklace, £20, Wallis. Ring, £15, Daisy and Eve at Evans. Diamanté stretchy bangles, £10 each, Allusions at BHS. Sparkly and metallic bracelets, £8.50 for six, Dorothy Perkins. Silvery crystal bracelets, £12 a pair, Accessorize. Multi-strand bracelet, £29, Crystallised at Cadenza (cadenza.co.uk). Drawstring bag, £24.99, New Look

# 36. LAYER UP

Take a fresh approach to Autumn style with shirts under dresses, dresses over trousers and polo necks under everything.

for **DAY**



for **NIGHT**



Bra, £53, 30B-38E, and knickers, £31, XS-XL, both Huit ([huit.com](http://huit.com))

Bra, £30, 28A-48DD, and knickers, £16, 6-26, both John Lewis



# 37. sizzle in sorbet LINGERIE

Forget black, white and nude – this season is all about pretty, colourful lingerie. Take your pick from a range of sugary colours.



Bra, £24, 30A-34F, and knickers, £12, 6-16, both Boux Avenue ([bouxavenue.com](http://bouxavenue.com))

Bra, £25, 32B-50F, and knickers, £14, 12-32, both Always Aliza ([jdwilliams.co.uk](http://jdwilliams.co.uk))



Bra, £100, 32A-36F, and knickers, £70, XS-XL, both Myla ([myla.com](http://myla.com))



Bra, £8, 32A-42G, and knickers, £4, 6-24, both Matalan ([matalan.co.uk](http://matalan.co.uk))



BEST of the BEST

## 38. timeless STYLE

Our go-to party piece that never fails to impress: a little black dress should be hanging in every woman's wardrobe. Among our favourites is this floor-length velvet gown from the new Bruce Oldfield collection for John Lewis, the first high-street collaboration from the master of eveningwear.

Velvet dress, £249, and faux-fur trim coat, £299, both 8-18, both Bruce by Bruce Oldfield exclusively at John Lewis



Fur detail, £299, 8-24,  
Lorcan Mullany for Jacques  
Vert (jacques-vert.co.uk)

Audrey lace, £119,  
6-22, Monsoon

Harlie maxi,  
£250, 6-18, Coast  
(coast-stores.com)

Black lace, £149, 8-16,  
The White Company  
(thewhitecompany.co.uk)

## 40. personalised jewellery

Monogramming is so last season...

Now we're designing our own jewellery. Dower & Hall is kicking off the trend with its new Cherish locket collection. Choose from an extensive range of charms and add a photo or picture to create a unique piece.

Lockets, from £155, and treasures, from £12 each, all  
Dower & Hall (dowerandhall.com) □



## 39. showstopper SHOES

Not just for parties and glam nights out, these would also work with a pair of jeans and a crew-neck sweater:



Suede tie-fronts, £79,  
3-8, Dune London (dunelondon.com)



Leopard-print, £110,  
4-8, Kurt Geiger (kurtgeiger.com)



Block colour patents, £119.99,  
3-8, House of CB (houseofcb.com)



Star courts, £295,  
3-7, LK Bennett

# AUTUMN STYLE

Kick-start your new season's wardrobe with an exclusive 20% discount at Phase Eight



Choosing the right outfit for the right occasion can seem like a time-consuming and costly challenge. Thanks to the new range from Phase Eight, which offers effortless, easy-to-style outfit solutions, you can shop for a new-season capsule wardrobe that's perfect for desk to dinner or work to weekend.

The range is full of fashion-forward and versatile pieces, from a statement oversized coat that looks great layered over softer pieces, to a denim button-down dress, which can be worn casually over a roll-neck or dressed up with a sparkly necklace and heels.

This season, make your wardrobe go that extra mile with the Phase Eight Autumn edit.



## 20% OFF

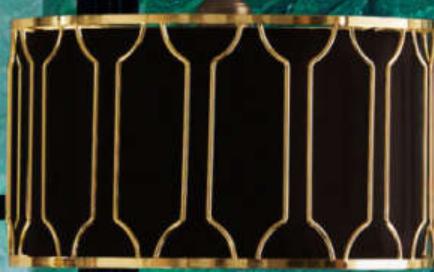
To celebrate the new collections, Phase Eight is offering Good Housekeeping readers an exclusive 20% discount off full-price items in store and online. Head to [phase-eight.com](http://phase-eight.com) to find your nearest store or use code GHAW15 online\*.

TOP: Blouse, £59, Skirt, £69  
LEFT: Dress £89, Boots, £130  
RIGHT: Coat, £199

To see more of the Autumn/Winter collection, visit [phase-eight.com](http://phase-eight.com)

Phase Eight





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# DECades

*of style*



Elliston large sofa in Modici velvet, £2,099, Carraway bookcase, £699, Conran Kitson coffee table, £299, Shine rug, £209, (on shelf) trinket box, £29.50, mini alarm clock, £17.50, greyhound, £19.50, Napoleon clock, £39.50, vase, £45, Charleston clock, £35, pineapple candlestick, £17.50, (on table) pineapple candle, £19.50, green glass tealight holder, £9.50, all Marks & Spencer. Similar wallpaper, Jonathan Adler ([jonathanadler.com](http://jonathanadler.com))

Copper tea canister, £4, copper biscuit canister, £5, eggcups, £3 a pair, Luna mug, £6 for four, Luna 12-piece dinner set, £25, small ribbed glass jar, £2, copper coffee canister, £4, espresso cup and saucer, £4 for two, copper sugar canister, £4, Midas 16-piece cutlery set, £20, glazed canister, £5, copper-plated cafetière, £5, constellation tray, £5, milk carton ceramic jug, £3, all George at Asda (direct.asda.com)



## ART DECO

Puccini drinks cabinet, £1,999, Wendy Morrison Jewels rug, £595, Odyssey large sofa, £2,000, Phoebe crystal orb pendant, £390, all John Lewis



*Glamorous, sophisticated, geometric and angular shapes, glass, chrome, mirrors and shiny fabrics are all part of the ornamental style typical of the 1920s and 1930s*

Amber Art Deco sideboard with brass inlay, £499, Castello cluster ceiling light, £79, both Atkin & Thyme (atkinandthyme.co.uk)



Where stockists or alternatives are not mentioned, items are stylists' own



Athos coffee table, £785, Athos console table, £629, Lauder four-seater sofa, £1,425, gold glass multi tealight holder, £79, all Barker & Stonehouse (barkerandstonehouse.co.uk)



Little Leaves wallpaper in Gainsborough Grey, £48.50 a roll, Layla Faye at [wallpaperdirect.com](http://wallpaperdirect.com)

1950s

Selina coffee table, £899, French Connection Quartz Chaise sofa in Lime, £998, both DFS ([dfs.co.uk](http://dfs.co.uk))



*The 1950s saw the arrival of open-plan living, fitted kitchens, primary colours, stacking furniture, and abstract and geometric prints*





Nevada table and six chairs, £1,889, Nevada three-section sideboard, £895, Copper Aviator wall clock, £225, all Barker & Stonehouse (barkerandstonehouse.co.uk)

Wessex table, from £3,875, plain leg settle, from £1,195, Windsor stickback chairs, from £355 each, wooden pendant lamp, £350, marble dish, £95, vases, from a selection, all I&JL Brown ([brownantiques.com/home](http://brownantiques.com/home))





## RUSTIC



Nordic oak flooring, from £37.50 a square metre, Amtico (amtico.com)

*Cosy and comfortable, this timeless country-style look has lower ceilings, smaller windows, wood panelling and a neutral colour palette*

Axis dining table and four chairs, £799, bench, £249, spot jug, £35, red vase, £20, mix-and-match dinnerware, from £8 each, Abigail 16-piece cutlery set, £120, floral hi-ball, £10, checked jug, £20, roasting dish, £35, scented candles, £22 each, woven throw, £75, printed tea towel, £14 for three, all House of Fraser



Buckland floating oak shelf with LED lighting (not seen), £405, Corinium jugs, from £8 each, all Neptune (neptune.com)



Saturday sofa, from £820, sofa.com. Trafalgar table lamp in antiqued bronze, £245, silk shade, £54, Trafalgar floor lamp in antiqued bronze, £290, silk shade, £106, all Pooky (pooky.com)



## VICTORIAN

Cavendish Stripe wallpaper in Brush Blue, £66.50 a roll, woodwork in Clockface Intelligent Eggshell, £26 a litre, floor in Celestial Blue Floor Paint, £27 a litre, all Little Greene (littlegreene.com). Tubby Torre Duo bath, from £2,289.50, Albion Bath Company (albionbathco.com). Ladder, £145, mirror, from £115, Trunk Home (trunkhome.co.uk). Puck tables, £235 each, Benchmark Furniture (benchmarkfurniture.com)



*Sash windows with large panes, ornate fireplaces, an eclectic mix of styles, lots of ornamentation and freestanding baths are typical of the Victorian look*



## TASTEMAKER'S TIPS

We asked homewares and interior designer Abigail Ahern how she gives her home a fresh look. For more of her tips, visit [goodhousekeeping.co.uk/abigailahern](http://goodhousekeeping.co.uk/abigailahern)

### PICK UP A PAINTBRUSH!

Applying colour is easily the quickest, most amazingly transformative thing you can do to update your home. In my pad, I've painted the walls, floors, ceilings, doors, radiators and woodwork all in the same hue. It completely opens up the space. There's an added bonus if you go dark and matte, as it's less easy to see the cracks and blemishes so commonly found in old walls.

### GET CLEVER WITH TEXTILES

I use rugs in every room because they soften the space, add instant pizazz and disguise wonky flooring. They're not just for floors, though - I drape sheepskins across armchairs, or put them on the wall for a striking wall hanging.

### UPGRADE YOUR LIGHTING

If you think a room is lacking oomph, try upgrading your lighting. Go for a big chandelier or pendant for drama, then add oodles of lamps and sidelights to achieve the perfect soft lighting effect.

Canopy made up in Blazer Stripe Dark Navy, £29.50 a metre, bedhead in Dunoon Dark Navy, £49.50 a metre, armchair in Windsor Dark Navy, £64.50 a metre, all Britannia collection, Ian Mankin ([ianmankin.co.uk](http://ianmankin.co.uk))



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**wren**  
KITCHENS

## MODERN

Axan sideboard, £799, planter vase, £35, Edu Barba prints, £35 each, geometric rug, £195, all Barker & Stonehouse (barkerandstonehouse.co.uk)



George sofa in Brancaster, from £1,680, Esme cushions in Holt stripe, £62, framed print, £80, all Neptune (neptune.com)

*Pared back, sleek, minimalist and uncluttered, modern style offers relaxed, open-plan living with light and airy spaces*



Mesh coffee table, £699, Bowles and Bowles (bowlesandbowles.com)



Loft corner unit, from £1,345, Tamara coffee table in natural teak, from £593, all Raft (raftfurniture.co.uk)



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1970s

Cheval bar cart, £1,950,  
Jonathan Adler  
(uk.jonathanadler.com)



Bucket chair, £299, Austen coffee table, £179, floral print cushion, £12, Thea chandelier £280, Chevron ceramic vase, £35, Tapestry mug, £6, and plate, £7, all BHS (bhs.co.uk)

*Colourful and fun, with lots of metallic surfaces, the 1970s saw the soaring popularity of the hostess trolley, now referred to as the bar cart!*



Opulence chandelier, £260, Hollywood double bedstead, £1,779, Garbo bedside table, £385, Seraphina double duvet set, £100, Allegra double duvet set, £100, black velvet logo cushion, £30, velvet quilted bedspread, £200, (on table) jewelled trinket box, £25, speckled glass frame, £30, Deco black and gold frame, £25, decorative tray, £12, all Biba at House of Fraser



Dotty Flower wallpaper in Light Olive, £48.50 a roll, Layla Faye at wallpaperdirect.com

Walls in Dix Blue Estate Emulsion (foreground), £38 for 2.5 litres, Charlotte's Locks (rear upper wall) and Railings 31 (rear lower wall) Modern Emulsion, both £42 for 2.5 litres, all Farrow & Ball (farrow-ball.com)



## GEORGIAN

Jasmine duvet cover, £85, Merle pillow sham, £50, Jasmine pillowcases, from £15, Riviera cushion, £35, Riviera throw, £150, Talcy throw, £120, all Fable (yourfable.com)



*High ceilings, large floor-to-ceiling windows, panelling, ornate cornices and embellished mouldings epitomise the Georgian era*



Barra small sofa in Melton Herringbone Slate, £1,299, Ercol Kimble nest of tables, £499, Victoria rug, £75, Winterberry check throw, £79, tall poppy vase, £15, all Marks & Spencer □



FEATURE: CAROLYN BAILEY, GRACE ALLEN



Low-maintenance polyurethane frames are perfect for hard-to-reach areas



Sun tunnels channel daylight to where it's needed

# Open up your home

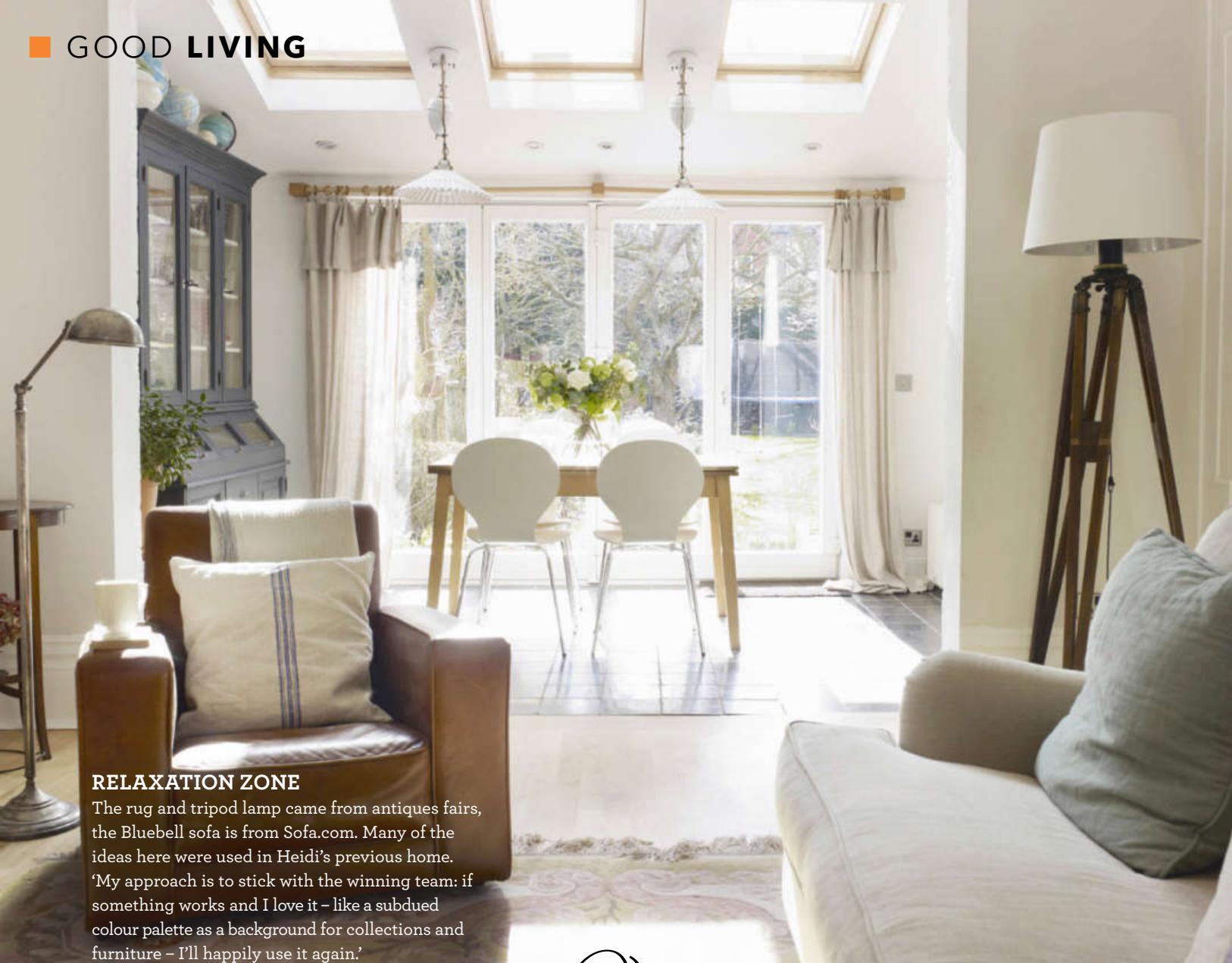
Bring light to the darkest corner with one of the many roof window options from Velux – there's a style to suit every size and shape of room

If you're planning an extension or loft conversion, fitting the right roof windows will bring your project to life, creating that essential spacious feel. But there's no need to be constrained if space is limited or angles are awkward. Whatever the size, shape or style of your room, you'll find the wide range from Velux® includes roof windows that make the most of the natural light available. You may prefer white polyurethane frames instead of pine, for example, in an elegant, modern scheme – also a low-maintenance choice for bathrooms or

kitchens, as their moisture-resistant finish is ideal for areas with high levels of humidity. Velux Integra® electric roof windows are perfect for hard-to-reach places, as you can control them with a tap on the touchscreen control – though you won't have to remember to shut them if the weather turns, thanks to their inbuilt rain sensors. Even where there's no natural light at all, a sun tunnel cleverly lets you channel daylight from elsewhere. And when it comes to choosing blinds, you'll find blackout, Venetian and Roman styles to tie in perfectly with your decorating scheme.

*There are lots of other Velux roof window options available, with features such as noise reduction, triple glazing and an easy-to-clean coating. Find the full range at [velux.co.uk](http://velux.co.uk).*

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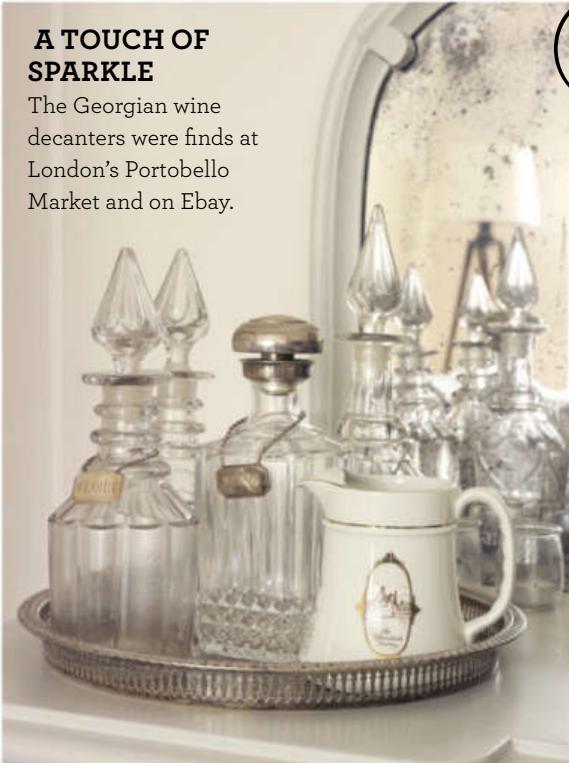


#### RELAXATION ZONE

The rug and tripod lamp came from antiques fairs, the Bluebell sofa is from Sofa.com. Many of the ideas here were used in Heidi's previous home. 'My approach is to stick with the winning team: if something works and I love it – like a subdued colour palette as a background for collections and furniture – I'll happily use it again.'

#### A TOUCH OF SPARKLE

The Georgian wine decanters were finds at London's Portobello Market and on Ebay.



# Our beautiful BLANC CANVAS

A passion for hunting down vintage pieces and antiques – and a good few tins of white paint – have turned a once-gloomy Edwardian house into a light and airy family home...



### WARM WELCOME (above)

The hall's original Edwardian wallpaper was painted grey to complement Heidi's 1800s Swedish Mora clock. Her vintage mirror collection hangs on the walls. 'I was a student living in Antwerp, and I realised the charity shops had some of the best bits and pieces,' says Heidi. 'Soon I was visiting flea markets and antiques shops, and it went from there.'



### ON SHOW

Heidi groups pictures for impact. She also has several collections of small objects, here neatly displayed on a vintage tray.

## WHO LIVES HERE?

Stylist Heidi Maude, her solicitor husband Gavin and their two children, Ella, 13, and Louis, nine. Belgian-born Heidi loves unearthing unusual things and now sources props for photographic shoots. Their move to this Edwardian house in north London was prompted by the need for more space for Heidi's collections. 'My style is a rebellion against my minimalist upbringing,' she says. 'My family call me a maximalist! I have a lot of things and they tend to be old – I love pieces that have a story. For me, they are what give a home its soul.'



### SET A PLACE (above)

The dining room extension affords the house a new sense of space and light. Moroccan tiles create the effect of a rug under the table. The Belgian dresser came from an antiques market, but was reinvented with paint – Railings 31 by Farrow & Ball.

### STATEMENT FIREPLACE (below)

Original features were kept wherever possible. Here, the sitting room fireplace holds a candlestick collection.



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## THE REFURB

The house, last decorated in the 1980s, required a complete overhaul, but the family moved in, decamping from one floor to the next as the builders worked their way through the rooms over the course of a year.

On the ground floor, a dingy side return was filled in with a small extension that opens up to the garden. This also enabled Heidi to block off the back door of the kitchen and give the family space for a full run of units along this wall.

The top floor, a loft extension previously rented out as a self-contained flat, was transformed into a spacious master bedroom, en suite bathroom and dressing room.

### KITCHEN COOL (above and right)

The blue stone floor tiles were brought over from Belgium in a trailer by Heidi's father. 'They're a nod to my heritage,' she says. The cupboards, topped with a combination of wood and zinc work surfaces, the latter by Zinc T, were made to her design, and the units are painted in Shaded White 201 by Farrow & Ball. Heidi found the copper taps in the garden. 'It took a huge amount of persuading before my plumber agreed to install them. Now they get compliments,' she says. The design for the cubbyhole storage was inspired by the shelves in an interiors shop. 'I took my joiner along and asked him to build me the same!'



### SPA TIME (above)

Heidi has incorporated storage everywhere, including a slim alcove next to the chimney breast that has shelving for magazines. Cambridge bath, £569, Bathstore (bathstore.com). Tiles, Emery & Cie (emeryetcie.com).



**SMALL WONDER**

A striped blanket from Ardingly Antiques Fair adds colour to this white bedroom for the children. Each of the display boxes is lined with a different wallpaper design. The daybed is from Ikea.

**DRESSING IN STYLE (below)**

Heidi's dressing room, once a tiny bedroom, has simple white walls, floor and woodwork. A row of hooks is practical and decorative – items of clothing become a display in themselves. An artful touch is a vintage wire mesh cupboard with decorative birds as a visual joke.



Heatfield & Co  
Tripod antique oak  
floor lamp, £589,  
Houseology  
(houseology.com)

# Shop the LOOK

Steal Heidi's style with chic white furniture, vintage details and characterful accessories



Floral globe, £195,  
Liberty (liberty.co.uk)



Framboise metal sign,  
£15, Original Metal Signs  
(originalmetalsigns.co.uk)



Bar stool  
with back rest,  
£45, Ikea



Regency cream mirror, £74,  
Sweetpea & Willow  
(sweetpeaandwillow.com)



Ceramic jelly  
mould light,  
£95, La Maison  
Bleue  
(lamaisonbleue.  
co.uk) □

# Divine decadence

Gorgeously glamorous prints featuring flora and fauna, and a rich palette with luxurious metallic accents, this stunning new homeware range is sure to delight



Our homes reflect our personality and passions – and if you have a romantic streak, you'll adore the new Midnight Bloom range from Sainsbury's. A seductive blend of bold florals, opulent fabrics and glittering accessories, it brings drama and

decadence to every corner of the house. The beautiful Midnight Bloom range is one of three fabulous new looks from Sainsbury's this Autumn. The collection is available in 150 of the largest stores, with prices starting at just £4. You're sure to love the quality and style – and the great value, too.

To find out more about the Midnight Bloom collection, visit [sainsburyshome.co.uk](http://sainsburyshome.co.uk) or call 0800 636262

**Sainsbury's**

# Hang it all!



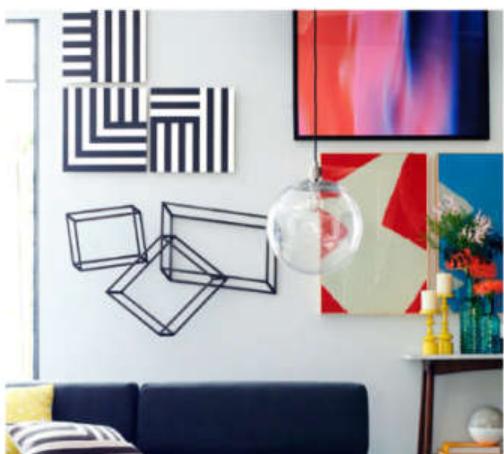
A single framed picture is so last year. Now it's all about grouping a collection of prints or mirrors, or adding stand-out colour to create a wall of fame...



Wall in Dix Blue Estate Emulsion, £38 for 2.5 litres, Farrow & Ball (farrow-ball.com). White frames, find similar at Ikea and Oliver Bonas (oliverbonas.com). Print plate, find similar at John Lewis. Figure eight, find similar at Anthropologie (anthropologie.eu)



Shibori wallpaper, £36 a roll, Scion (scion.uk.com). Afghan baskets, £15.95 each, Winsley corner group and stool, £2,849, all Barker & Stonehouse (barkerandstonehouse.co.uk)



Cube metal wall art (bottom left), £119, and other similar items, all West Elm (westelm.co.uk)



Plates, £13 each, tea towel, £6, bowls, £6 each, stoneware pitcher, £32, all Murmur at Bedeck (bedeckhome.com)



Mrs Godfrey sofa in Venice Navy, £2,495, rug, £595, floor lamp, £1,095, table lamp, £345, all Jonathan Adler (uk.jonathanadler.com). Prints, find similar at King & McGaw (kingandmcgaw.com)



Antiqued white mirrors, £65 for three, Cox & Cox (coxandcox.co.uk)



Urban Collective bedding, from £27 for a pillowcase, Lexington Company (lexingtoncompany.com). Frames, find similar at John Lewis. Other items, find similar at West Elm (westelm.co.uk)

Downing  
jumper, £55,  
Dappled skirt,  
£59.95,  
Patty plain  
tights, £12.50

# Soft touch

Now it's time for a change in mood: this season's collections offer a fresh, tactile perspective on style

This month, fashion's blue vibe – one of Summer's most desirable – shifts a little. In the new Take Flight collection from White Stuff, you'll find wools, velvet and tweed in sophisticated mixes of amethyst and grey. There has been a shift in proportion, too: a more relaxed, fluid look takes over, with simple shapes, and no rules about how you mix them. And other White Stuff collections, such as Jitterbug, with its nod to the Fifties, and Prospect Heights, in its urban themes, mean you'll find something to wear whatever your mood.





Heart jacquard jersey dress, £65,  
David check scarf, £25



Fluttering tunic, £59.95, Jade jegging jeans (just seen), £39.95, Rennie skinny fur pom scarf, £27.50, Long multi layer necklace, £25



Mossy Thatch coat, £99.95,  
Wings of Flight tee, £35,  
Minny selvedge jeans, £49.95,  
Anna snood, £25

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## SPECIAL READER EVENTS

Preview the new White Stuff ranges at a special reader evening.

**DATE** Thursday 15 October 2015 **TIME** 6pm-9pm

**VENUES** Bluewater, Edinburgh, Milton Keynes, Guildford, Cardiff, Stratford, Cambridge, Norwich, Bath, Bristol, Kingston, Nottingham, Exeter, Belfast, Cheltenham, Southampton, Meadowhall and York

**TO BOOK** and register to attend, visit [whitestuff.com/gh](http://whitestuff.com/gh)

Guests will receive: ♦ An exclusive goodie bag of treats ♦ Beauty treatments

♦ Complimentary fizz and nibbles ♦ 15% off purchases on the evening

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# GOOD★FOOD

26 pages of recipes & advice

PHOTOGRAPHY: MIKE ENGLISH. RECIPE: SUZANNAH BUTCHER. FOOD STYLING: SUZANNAH BUTCHER. PROP STYLING: OLIVIA WARDLE. ADDITIONAL PHOTOGRAPHY: SAM STOWELL, DAVID LOFTUS



## Pumpkin Fondue

In a large pan, mix 6tbsp cornflour, 600ml (1 pint) white wine and 3 crushed garlic cloves, followed by 400ml (14fl oz) double cream, 600g (1lb 5oz) each grated Gruyère and mature Cheddar, and stir over a medium heat until melted, then pour into a large, scooped-out **pumpkin** that has been preheated in a 180°C (160°C fan) mark 4 oven for 30min, season with **pepper** and serve with **crusty bread** and **gherkins** to dip. Serves 8-10, as a starter.



## Berry-licious

Show off the fruits of the season in bakes that are dressed to impress



## Book feast

Our pick of the best from the new Autumn crop of cookbooks



## The results are in!

Our ultimate GH menu, as voted for by you. There's something for everyone



# Let the baking begin!

Autumn is upon us, the nights are drawing in and that can only mean one thing: time for bursting ripe berries, lush plums and crisp apples. Make the most of the delights this season has to offer with our sensational Triple-Tested bakes – we guarantee they taste as good as they look



*Sensational  
centrepiece*

Chocolate and Blackberry Fraisier

PHOTOGRAPHY SAM STOWELL





# Teatime treat

Plum and Almond Tray Bake



*Fail-safe baking*



## Buttermilk Blueberry Bundt

*A light and easy cake, ideal for an afternoon treat.*

Hands-on time **25min**, plus cooling and setting. Cooking time **about 50min**. Serves **10**

### FOR THE CAKE

- ◆ 175g (6oz) unsalted butter, softened, plus extra to grease
- ◆ 375g (13oz) plain flour, plus extra to dust
- ◆ 1tbsp baking powder
- ◆ 275g (10oz) caster sugar
- ◆ 3 large eggs, lightly beaten
- ◆ Finely grated zest of 1 orange
- ◆ 1tsp vanilla extract
- ◆ 150ml (5fl oz) buttermilk
- ◆ 225g (8oz) blueberries

**TO DECORATE**

- ◆ 250g (9oz) icing sugar
- ◆ Finely grated zest and juice of 1 orange, keep separate
- ◆ Handful of blueberries

**1** Preheat oven to 180°C (160°C fan) mark 4. Lightly grease a 25.5cm (10in) diameter Bundt tin and dust with flour (tap out excess). In a bowl, sift together the flour, baking powder and ½tsp salt.

**2** Using a freestanding mixer or handheld electric whisk, beat the butter and caster sugar in a bowl until light and fluffy – about 5min. Gradually beat in the eggs. If it looks as if it might curdle, beat in 1tbsp of the flour mixture.

**3** Beat in the orange zest and vanilla. Next, beat in the flour mixture in three additions, alternating with the buttermilk in two additions. Fold in the blueberries, scrape into tin and level.

**4** Bake for 45-50min or until a skewer inserted into the cake comes out clean. Cool for 5min in the tin before turning out on to a wire rack to cool completely.

**5** Transfer cake to a serving plate. Sift icing sugar into a bowl and add enough orange juice to make a thick, dripping consistency. Spoon over the cake – encouraging it to drip down the sides. Scatter over orange zest and blueberries.

**PER SERVING** 523cals, 7g protein, 17g fat (10g saturates), 85g carbs (56g total sugars), 2g fibre

**TO STORE** Store iced cake in an airtight container at room temperature for up to 3 days.

## Autumn Fruit Pie

*Any 5cm (2in) cutters will work for this pretty pastry top. We used the Autumn Leaves Plunger Cutter Set (cakescookiesandcraftsshop.co.uk).*

Hands-on time **50min**, plus chilling and cooling. Cooking time **about 45min**. Serves **8**

- ◆ 250g (9oz) plain flour, plus extra to dust
- ◆ 150g (5oz) unsalted butter, chilled and diced
- ◆ 3tbsp caster sugar
- ◆ 1 medium egg, separated
- ◆ 2tsp cider vinegar
- ◆ 2 ripe pears, peeled and cut into 4cm (1½in) chunks
- ◆ 3 eating apples, peeled and cut into 4cm (1½in) chunks
- ◆ 3tbsp demerara sugar
- ◆ 1tsp vanilla extract
- ◆ 1tsp mixed spice
- ◆ 3 ripe plums, destoned and cut into 2.5cm (1in) chunks
- ◆ 3tbsp damson, plum or blackberry jam
- ◆ 50g (2oz) ground almonds
- ◆ 1tbsp cornflour

**1** In a food processor, pulse flour and butter until mixture resembles fine breadcrumbs. Alternatively, in a large bowl, rub butter into the flour with your fingers. Pulse or stir in caster sugar. In a small jug, mix the egg yolk and vinegar with 2tbsp ice-cold water. Add nearly all of it to the flour mixture and pulse or mix in with a cutlery knife until the pastry comes together. If it looks dry, pulse or mix in the remaining yolk mixture. Tip on to a work surface and bring pastry together. Break off a third, shape both portions into flat discs and wrap each in clingfilm. Chill for 30min.

**2** On a lightly floured surface, roll out the larger portion and use to line a 23cm (9in) fluted tart tin. With a sharp knife, trim overhanging pastry and wrap in clingfilm. Chill lined tin and trimmings for 20min.

**3** Meanwhile, in a medium bowl mix pears and apples with the demerara sugar, vanilla and mixed spice. Set aside for 15min until some juices are released. In a separate bowl mix the plums and jam and set aside.

**4** On a lightly floured surface, roll the smaller portion of pastry to 3mm (½in) thick. Use cutters to stamp out Autumn leaf shapes. Re-roll all trimmings to cut more leaf shapes until all pastry is used.

**5** To assemble the pie, scatter ground almonds in the base of the pastry case. Stir the cornflour through the apples and pears, then spoon the mixture and any juices into the chilled pastry case. Dot over the plums.

**6** Using the egg white as glue, and starting at the edges, position pastry leaves on the pie, overlapping slightly but leaving space to see fruit below. Chill for 10min.

**7** Preheat oven to 190°C (170°C fan) mark 5 and put in a baking sheet to heat up. Brush leaves with egg white.

**8** Bake pie in the oven on preheated sheet for 45min or until golden. Allow to sit for 5min before removing from tin. Serve warm or at room temperature with sweetened cream or custard, if you like.

**PER SERVING (without cream/custard)**

423cals, 6g protein, 20g fat (10g saturates), 52g carbs (28g total sugars), 4g fibre

*Seasonal showstopper*





## Sticky Toffee-Apple Pudding

You'll want to make these puddings again and again.

Hands-on time **30min**, plus chilling. Cooking time about **40min**. Serves 6

### FOR THE PUDDINGS

- ◆ 50g (2oz) unsalted butter, softened, plus extra to grease
- ◆ 175g (6oz) self-raising flour, plus extra to dust
- ◆ 175g (6oz) demerara sugar
- ◆ 2 medium eggs, beaten
- ◆ 175g (6oz) Bramley apple sauce
- ◆ ½tsp ground cinnamon
- ◆ 50g (2oz) grated Granny Smith apple, about 1 apple

### FOR THE SAUCE

- ◆ 50g (2oz) unsalted butter
- ◆ 50g (2oz) demerara sugar
- ◆ 1tbsp black treacle
- ◆ 100ml (3½fl oz) double cream

**1** Preheat oven to 180°C (160°C fan) mark 4. Grease six 175ml (6fl oz) dariole moulds and dust inside with flour (tap out excess). In a medium pan over low heat, stir the sauce ingredients with a pinch of salt until the sugar dissolves. Bring to the boil and turn off heat. Divide sauce among prepared moulds, then chill.

**2** Boil a full kettle. In a large bowl, beat together the butter and sugar. Stir in eggs, apple sauce and 100ml (3½fl oz) boiling water. Beat in flour and cinnamon until combined. Fold in the apple. Divide among the moulds. **3** Sit moulds in a deep roasting tin and pour in boiling water until it comes halfway up the outside of moulds. Cover with foil and bake for 35min or until a skewer inserted into the centre of puddings comes out clean.

**4** Remove roasting tin from oven and lift out moulds. Set aside for 5min. To serve, carefully run a knife around the inside edge to loosen and turn out onto plates. Spoon any sauce still inside moulds onto puddings and serve with ice cream, if you like.

**PER SERVING (without ice cream)** 521cals, 6g protein, 25g fat (15g saturates), 68g carbs (47g total sugars), 2g fibre



## Chocolate and Blackberry Meringue Roulade

Use a good-quality cocoa powder for a really chocolaty flavour, and don't worry about cracks – they give the roulade its distinctive appearance.

Hands-on time **30min**, plus cooling. Cooking time about **20min**. Serves 8

### FOR THE MERINGUE

- ◆ 5 large egg whites
- ◆ 250g (9oz) caster sugar
- ◆ 2tsp cornflour
- ◆ 1tsp white wine vinegar
- ◆ 25g (1oz) cocoa powder, sifted, plus extra to dust

### FOR THE FILLING

- ◆ 300ml (½ pint) double cream
- ◆ 3tbsp icing sugar
- ◆ 350g (12oz) blackberries, plus optional extra to serve

**1** Preheat oven to 180°C (160°C fan) mark 4. Line a shallow 23 x 33cm (9 x 13in) baking tin with baking parchment.

**2** In a large grease-free bowl, beat the egg whites with a handheld electric whisk until they hold stiff peaks. Gradually whisk in the caster sugar and beat until the mixture is thick and glossy. Using a spatula, carefully fold in the cornflour, vinegar and cocoa

powder until just combined.

**3** Spread mixture into the prepared tin. Bake for 18-20min, until surface is crisp but the meringue gives when pressed. Leave to cool uncovered in the tin.

**4** Once meringue is cool, whisk cream and icing sugar until mix just holds its shape. Fold in blackberries. Lay a large piece of baking parchment on a work surface and invert the meringue on to it (with a short edge facing you). Remove tin and lining paper.

**5** Spread the berry cream on top. Score a line 2.5cm (1in) in from the short edge nearest you, then with the help of the baking parchment, roll up the meringue. Transfer to a serving plate, seam down. Dust with cocoa powder just before serving with extra berries.

**PER SERVING** 371cals, 4g protein, 21g fat (13g saturates), 41g carbs (40g total sugars), 2g fibre

**TO STORE** Assemble up to 4hr ahead and chill (dust with cocoa powder just before serving). Any leftovers will keep covered in the fridge for up to a day.

Olivia now thinks the hardest part of making the perfect fondant is taking the perfect photo.



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# Chocolate and Blackberry Fraisier

*Don't be put off by the long list of ingredients – you really can make this pâtisserie-worthy gâteau at home.*

Hands-on time **1hr 15min**, plus cooling and chilling. Cooking time **about 45min**. Serves **16**

#### FOR THE FILLING

- ◆ 100g (3½oz) cornflour
- ◆ 175g (6oz) caster sugar
- ◆ 600ml (1 pint) milk
- ◆ 4 medium egg yolks
- ◆ 150g (5oz) unsalted butter, softened
- ◆ Seeds scraped from 1 vanilla pod, or 1tsp vanilla bean paste
- ◆ 600g (1lb 5oz) blackberries

#### FOR THE CAKE

- ◆ 50g (2oz) unsalted butter, plus extra to grease
- ◆ 100g (3½oz) self-raising flour, plus extra to dust
- ◆ 4 medium eggs

#### FOR THE SOAKING SYRUP

- ◆ 50g (2oz) caster sugar
- ◆ Juice of 1 lemon
- ◆ 2tbsp crème de cassis (or use Ribena)

#### FOR THE TOPPING AND GLAZE

- ◆ Icing sugar or cornflour, to dust
- ◆ 175g (6oz) marzipan
- ◆ 2 leaves of gelatine – we used Costa Fine-Leaf Quick Dissolving Gelatine
- ◆ 125g (4oz) caster sugar
- ◆ 1tbsp golden syrup
- ◆ 50g (2oz) cocoa powder
- ◆ 50ml (2fl oz) double cream

**1** Make the filling: put cornflour and sugar into a large pan, then gradually whisk in milk until smooth, followed by the egg yolks. Cook over medium heat, whisking constantly, until the mixture is very thick – it will need to boil.

**2** Beat in the butter and vanilla seeds until combined – the mixture will look curdled initially, but will come together. Scrape into

a piping bag fitted with a 1cm (½in) plain nozzle and chill until needed.

**3** Next, make the cake. Preheat oven to 180°C (160°C fan) mark 4. Melt butter and set aside to cool for 10min. Grease the base and sides of a 9cm (3½in) deep, 23cm (9in) round, loose-bottom or springform cake tin and dust with flour (tap out excess).

**4** Using a freestanding mixer, beat eggs and sugar on full power for 5min – or until mixture is thick and leaves a trail when beater is lifted out. If using a handheld electric whisk, beat for 10min. Sift over flour and cocoa, gently fold in using a large metal spoon, then fold in cooled butter.

**5** Scrape mix into prepared tin and bake for 20–25min or until cake feels firm to the touch. Allow to cool in tin for 5min before removing and cooling completely on a wire rack.

**6** Make the syrup: put all the ingredients in a small pan with 50ml (2fl oz) water. Heat gently to dissolve the sugar, then turn up the heat and boil rapidly for 2min. Take pan off heat and allow to cool completely.

**7** To start the topping, lightly dust a work surface with icing sugar or cornflour and roll out marzipan until large enough to cut a 23cm (9in) circle – use the base of the cake tin as a template. Transfer to a baking sheet and chill.

**8** Prepare the glaze. Soak the gelatine in cold water for 5min. Next, heat the sugar, syrup and 50ml (2fl oz) water in a small pan until sugar dissolves. Turn up heat and boil for 1min. Take off heat and whisk in cocoa, then cream. Return to heat and cook for a further 1min, whisking constantly. Take glaze off heat. Lift gelatine out of water, squeezing



out excess, and whisk gelatine into glaze to dissolve. Scrape into a bowl, cover surface with clingfilm and cool completely.

**9** To assemble, wash, then grease sides of the cake tin (no need for base) and line with baking parchment. Position the lined ring on a serving plate or cake stand. Slice cake in half horizontally and lay the top of cake into the bottom of the tin (cut-side up). Use a pastry brush to dab half the cooled syrup on top of the cake against the sides.

**10** Slice enough blackberries in half lengthways to fit snugly together around inside of lined ring (cut-sides out). Pipe filling in an even layer to cover visible cake completely – this should help press the berries against the tin. Gently press remaining berries upright into the filling.

**11** Pipe a spiral of the remaining filling on top of the berries. Smooth into an even layer and make sure the filling touches the sides. Lay on remaining cake half, cut-side down, and press down lightly. Dab on remaining syrup.

**12** Top the cake with the chilled marzipan disc, keeping it as smooth as possible. Pour on the glaze, easing it to the sides. Chill for at least 4hr to set, or ideally overnight (the glaze won't set completely firm).

**13** To serve, carefully lift up tin and peel off parchment. Serve in slices (for neat slices, dip a knife in hot water, then quickly dry it).

**PER SERVING** 344cals, 7g protein, 11g fat (5g saturates), 53g carbs (42g total sugars), 3g fibre

**TO STORE** Make to end of step 12 up to a day ahead and keep chilled. Complete recipe to serve. Store any leftovers in the fridge for up to 2 days.

# Plum and Almond Tray Bake

*Serve at room temperature with a cup of tea, or warm with ice cream for a comforting dessert.*

Hands-on time **30min**, plus cooling. Cooking time **about 50min**. Serves **15**

- ◆ 350g (12oz) unsalted butter, plus extra to grease
- ◆ 325g (11½oz) light brown soft sugar
- ◆ 2tbsp apricot jam
- ◆ 9 plums
- ◆ 4 large eggs, beaten
- ◆ 1tsp almond extract
- ◆ 275g (10oz) self-raising flour
- ◆ 2tsp baking powder
- ◆ 75g (3oz) ground almonds
- ◆ Icing sugar, to dust

**1** Preheat oven to 180°C (160°C fan) mark 4. Grease and line the base and sides of a 20.5 x 30.5cm (8 x 12in) roasting tin with baking parchment. In a pan, gently heat 100g (3½oz) butter with 100g (3½oz) brown sugar. Once butter has melted, stir in jam and simmer for 3min, until the caramel comes together. Pour into the cake tin and leave to cool for 10min.

**2** Halve and de-stone the plums. Arrange cut-side down in the caramel. Set aside.

**3** In a large bowl, whisk remaining butter and sugar until light and fluffy. Gradually add eggs, beating well after each addition. Beat in almond extract. In a separate bowl, combine flour, baking powder and ground

almonds. Fold into the egg mixture. Spoon on to plums and spread to level. Bake for about 45min or until a skewer inserted into the centre comes out clean.

**4** Remove from oven; cool in tin on a wire rack for 15min. Invert on to a board; remove tin and baking parchment. Serve warm or leave to cool completely, dusted with icing sugar.

**PER SERVING** 395cals, 5g protein, 24g fat (13g saturates), 40g carbs (26g total sugars), 2g fibre

**TO STORE** Store cooled cake in an airtight container for up to 3 days. □



# Best of the *SEASON*

It's the time of year when our favourite chefs release their new cookery books – and we can't resist giving you a sneak preview. These are the recipes the GH Cookery Team thinks you can't afford to miss...



*New pasta  
favourite*

\* To help you get the best results from the chefs' recipes, we have kept their original weights and measures, adding standard Good Housekeeping imperial conversions where possible



## Jamie Oliver's Tonno di Nonna Fangitta (Poached Tuna with Sicilian Tomato Sauce)

*Jamie is among 30 chefs sharing what they like to cook for their family in MasterChef: The Masters At Home. 'I first saw this recipe when I travelled around Sicily, where it's served with couscous,' says Jamie. 'I've turned it into a pasta dish. With a lemony-dressed green salad, it makes the perfect dinner.'*

Hands-on time **25min**. Cooking time **about 35min**. Serves **4**

- ◆ 1kg (2lb 3½oz) ripe mixed-colour tomatoes
- ◆ 400g (14oz) MSC-approved yellowfin or skipjack tuna fillet, in one piece
- ◆ 3 garlic cloves, finely sliced
- ◆ 1 red chilli, finely sliced
- ◆ 2 sprigs of rosemary, leaves picked
- ◆ 2tsp olive oil
- ◆ 4 anchovy fillets
- ◆ 1 heaped tsp dried oregano
- ◆ 1 cinnamon stick
- ◆ Small handful of capers, rinsed
- ◆ 2 x 400g cans good-quality plum tomatoes
- ◆ 325-475g (11½oz-1lb 1oz) wholewheat spaghetti
- ◆ ½ bunch of basil, leaves picked

**1** Put fresh tomatoes into a large pan or casserole (that later will hold your tuna snugly). Cover with freshly boiled water and leave for 40sec. Drain and put into a bowl of cold water. When cool, peel off skins and remove and discard the seeds. Roughly chop cores and flesh.  
**2** With a sharp knife, stab eight holes into the tuna at an angle. Stuff each hole with a slice of garlic and chilli, and a pinch of rosemary leaves.  
**3** Return empty pan to a medium heat, add half the oil, then the remaining garlic, chilli and rosemary leaves, with the anchovies, oregano, cinnamon and capers. Slowly fry until lightly golden. Add fresh and canned tomatoes, breaking them up with a wooden spoon. Bring to the boil, reduce the heat and cook for 10min.  
**4** Carefully add tuna, pushing it down until submerged. Partially cover with lid and simmer gently for 25min (depending on the thickness of your tuna). Remove from heat, discard cinnamon stick and check seasoning.  
**5** Meanwhile, in a large pan of salted boiling water, cook pasta according to packet instructions. Flake the tuna apart. Drain the pasta and toss with the tuna and sauce in the hot spaghetti pan. Sprinkle basil leaves over the pasta, then serve.

**PER SERVING (with**  
**325g/11½oz spaghetti):**  
**532cals, 40g protein, 9g fat**  
**(2g saturates), 65g carbs**  
**(16g total sugars), 15g fibre**

Recipe adapted from  
**MasterChef: The Masters At Home** (Absolute Press, £25)



## Jason Atherton's Fougasse

*In his new book, *Social Sweets*, chef Jason Atherton of the Michelin-starred Pollen Street Social shares his love for the precise skill of pastry and breadmaking. From baking to ice cream and sorbet, he offers tempting recipes for show-off cooking at home. He says: 'This classic French bread is a stunner, and even if your loaf doesn't resemble the traditional shape it will still have an appealing rugged look. Feel free to add different toppings – pitted olives, grated cheese or sun-dried tomatoes.'*

Hands-on time **35min**, plus rising, proving and cooling. Cooking time **about 25min**. Makes **2 loaves**

- ◆ 615g plain flour, plus extra for dusting
- ◆ 12g fine sea salt
- ◆ 12g fast-action dried yeast
- ◆ 15g unsalted butter, melted
- ◆ 55ml whole milk
- ◆ 85ml olive oil, plus extra to grease
- ◆ Few sprigs of rosemary, leaves picked

**1** In the bowl of a free-standing mixer fitted with a dough hook, sift the flour and salt. Add yeast and mix well. Make a well in the centre and add melted butter, milk, olive oil and 250ml tepid water. Start mixing on a low speed until a soft dough forms. If the dough looks dry, add another 1tbsp of tepid water and mix well. The dough should be very soft. Increase the speed to medium and knead for 7-8min or until smooth and elastic.

**2** Transfer to a lightly oiled bowl and cover with a lightly oiled piece of clingfilm. Leave to rise in a warm place for about an hour or until doubled in size.

**3** Turn dough on to a lightly floured surface and give it a couple of folds. Divide dough in half and pat each piece into an oval shape. Lightly oil two baking sheets, then put one oval on



*Easy bread recipe*

each. With a sharp knife, cut a few slashes in each oval like the spokes of a wheel, cutting to within 2-3cm of the edge. Gently pull slashes apart until the dough resembles a large leaf. Cover lightly with oiled clingfilm and leave to prove for an hour until doubled in size.

**4** Heat oven to 200°C (180°C fan) mark 6. Brush dough with olive oil. Sprinkle with sea salt (flakes are nice) and rosemary leaves. Bake fougasses for 20-25min until golden and bread sounds hollow when tapped on the underside. Cool on a wire rack. Serve warm or at room temperature.

**PER ½ LOAF** 181cals, 4g protein, 5g fat (1g saturates), 29g carbs (1g total sugars), 2g fibre

**JASON'S TIP** For a good crust, put the baking sheets with unbaked fougasse in the oven and spray with a little water before baking to create steam.

**GH TIP** If you don't have a freestanding mixer, mix the ingredients together in a large bowl in step 1, then knead on a lightly floured surface for 10min.

Complete recipe from step 2.

Recipe adapted from *Social Sweets* by Jason Atherton (Absolute, £25)





## John Torode's Baked Cod, Tomatoes, Lemon and Olives

Full of John's warmth and humour, *My Kind Of Food* is simply a collection of the dishes John loves to cook and eat. From show-off recipes to more simple meals that he rustles up away from the cameras, his passion for food and love of bold, gutsy flavours shines through. 'Being Aussie, I didn't grow up with cod - but wow, I think it's ace. It deserves to be cooked in a way that keeps the sweet flesh moist so it falls apart at the seams, and this foolproof tray bake does just that. All the vegetables are roasted for 20min first, then the fish is put on top and put in the oven. It is simple as simple can be. I like this with mashed potato, but serve it with what you want... Mash is good, though!' says John.



Use your favourite firm white fish

Hands-on time 15min.

Cooking time 30min. Serves 4

- ◆ 24 cherry tomatoes, halved
- ◆ 2 long shallots, cut into quarters
- ◆ 150g (5oz) each black and green olives, pitted
- ◆ 50ml (2fl oz) olive oil
- ◆ 4 x 180g pieces cod, skin on
- ◆ 1 lemon, cut into 4 thick slices
- ◆ Small bunch of flat-leaf parsley, roughly chopped, optional

1 Heat oven to 200°C (180°C fan) mark 6. In a large bowl, mix the tomatoes, shallots, olives and half the oil. Season well. Tip into a baking tray (reserve bowl) and roast for 20min.

2 Carefully remove the tray. Rub the cod all over with a slice of lemon. Lay the lemon slices on top of the tomatoes and place a piece of cod, skin-side up, on each slice. Rub the remaining oil over the skin. Return tray to the oven for 10min, no more.

3 Gently divide cod among four warm dishes, discard the lemon. Peel the skin off the fish and discard it, too. Sprinkle with a little rock salt.

4 Return tomato mixture to bowl. With a fork, gently squash tomatoes to make a chunky sauce. Spoon over fish and scatter over parsley, if you like.

**PER SERVING** 335cals,

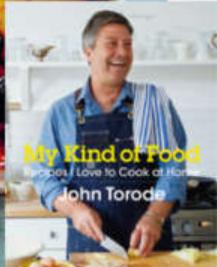
35g protein, 19g fat

(3g saturates), 3g carbs

(3g total sugars), 5g fibre

**JOHN'S TIP** Once the fish is on the plates, I sometimes mix a good tablespoon of crème fraîche into the tray to make creamed tomatoes.

**My Kind Of Food:**  
*Recipes That I Love To Cook At Home* by John Torode (Headline, £25)





## Bill Granger's Sticky Mango Pudding with Coconut Custard

*Beautifully shot by legendary photographer David Loftus, with recipes from chefs including Angela Hartnett, Tom Kerridge and here, Bill Granger, MasterChef: The Masters At Home definitely provides bang for your buck! 'You can't go wrong with this Asian-style version of sticky toffee pudding. I've also made it with bananas and pineapple, and it has been a hit every time. In theory it should serve six, but I've never seen a table of four leave any for later,' says Bill.*

Hands-on time **20min**. Cooking time **about 50min**. Serves **6**

### FOR THE PUDDING

- ◆ 75g (3oz) unsalted butter, melted, plus extra to grease
- ◆ 125g (4oz) plain flour
- ◆ 115g (3½oz) caster sugar
- ◆ 2tsp baking powder
- ◆ 250ml (9fl oz) milk
- ◆ 1 medium egg, beaten
- ◆ 1tsp vanilla extract
- ◆ 1 ripe mango, peeled and diced
- ◆ 140g (4½oz) light soft brown sugar
- ◆ 3tbsp golden syrup

### FOR THE COCONUT CUSTARD

- ◆ 400ml (14fl oz) coconut milk
- ◆ 2 medium egg yolks
- ◆ 3tbsp caster sugar
- ◆ 1tsp cornflour

- 1 Preheat oven to 200°C (180°C fan) mark 6. Grease a 1.8 litre (3½ pint) ovenproof dish and set it on a baking tray.
- 2 In a medium bowl, combine the flour, sugar, baking powder and a pinch of salt. Whisk in the melted butter, milk, egg



*Twist on a classic*

and vanilla extract. Stir in the mango and pour the mixture into the baking dish.

- 3 In a small pan, bring the light soft brown sugar, golden syrup and 250ml (9fl oz) boiling water to the boil, stirring to dissolve the sugar. Pour over the pudding mixture. Bake for 40–45min until golden. Remove from the oven and set aside for 10min to cool.

4 Meanwhile, in the clean golden syrup pan, whisk together all the ingredients for the custard. Stir over a low heat, without boiling, for 6–8min until thick enough to coat the back of a wooden spoon. Serve with the warm pudding.

### PER SERVING 614cals,

7g protein, 26g fat (18g saturates), 870g carbs (67g total sugars), 2g fibre

### BILL'S TIP

Don't be alarmed by this unusual method of pouring the syrup mixture over the unbaked pudding; it works beautifully!

**Recipe adapted from MasterChef: The Masters At Home (Absolute Press, £25).**





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## Lorraine Pascale's No-Cook Chocolate Espresso Cheesecake Bites

*She's sold more than a million copies of her Made Easy series, and now Lorraine is back with a fresh, healthy twist. In this collection of 100 new recipes, she aims to inspire healthy eating with dishes that are nutritious and delicious, as well as being affordable and easy to make – sounds good to us! 'A really speedy and easy cheesecake. I have used almonds in the base but pecans, walnuts and macadamia nuts would also work well. It does require freezing and softening time, but it makes a great dinner-party dessert or treat-time snack,' says Lorraine.*

Hands-on time 20min, plus chilling, freezing and softening. Serves 16

◆ Olive oil, to grease

**FOR THE BASE**

- ◆ 100g (3½oz) unbleached almonds
- ◆ 25g (1oz) unsweetened cocoa powder
- ◆ 150g (5oz) Medjool dates, pitted
- ◆ Seeds of 1 vanilla pod

**FOR THE FILLING**

- ◆ 3 ripe avocados, peeled and de-stoned
- ◆ 3 ripe bananas, peeled and roughly broken up
- ◆ 350g (12oz) Medjool dates, pitted
- ◆ 100g (3½oz) unsweetened cocoa powder
- ◆ 2tbsp instant coffee powder or granules, dissolved in 2tbsp boiling water

**TO SERVE**

- ◆ 200g (7oz) raspberries

1 Grease and line an 18cm (7in) square cake tin at least 5cm (2in) deep. Make sure some excess parchment hangs over the edge to help you remove the cheesecake.

2 In a food processor, whiz the base ingredients until they come together when squeezed. Tip into the prepared tin and press evenly over the base. Chill while you make the filling.

3 In the clean food processor, whiz the filling ingredients until smooth. Tip on to the chilled base and smooth to level. Cover and freeze for up to 1hr or until firm enough to slice.

4 Remove the cheesecake from the tin. Peel the paper from the

sides. Dip a sharp knife into a jug of just-boiled water. Wipe dry and cut cheesecake into 16 squares. Dip and dry the knife between cuts. Keep at room temperature for 10-20min to soften slightly. Serve with raspberries.

**PER SERVING** 250cals, 5g protein, 11g fat

(3g saturates), 30g carbs (24g total sugars), 5g fibre

**LORRAINE'S TIP** Leftovers can be kept in the fridge and are best eaten within 24hr.

**Eating Well Made Easy by Lorraine Pascale (HarperCollins, £20) □**



# All-time CLASSICS

A classic British roast dinner is the central focus. A rack of lamb with its bones is served on a white plate with a knife and fork. Two golden-brown Yorkshire puddings are placed next to the lamb. In the background, there's a green gravy boat, a white rose in a vase, a bottle of red wine, and a small bowl of vegetables. A glass of red wine is also on the table.

We asked, and you told us!  
Here are the dishes you voted  
the most bookmarked,  
clipped, shared and loved  
from Good Housekeeping's vast  
archive of 4,000 recipes, arranged  
together for the ultimate dinner party.  
Simply put, they're keepers!



## STARTERS

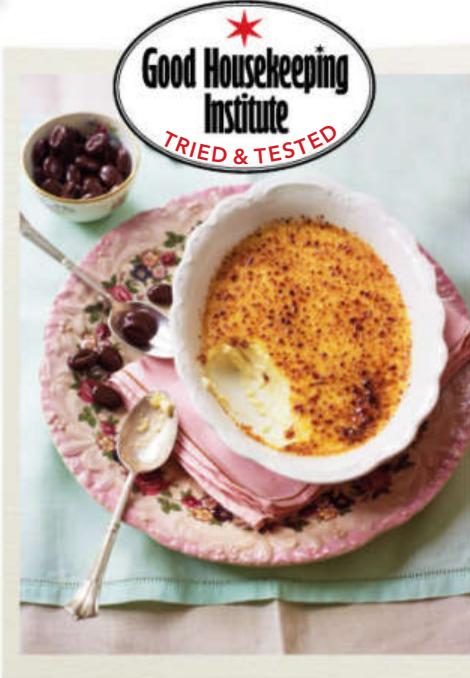
Chicken Liver Pâté  
French Onion Soup  
Scallop, Black Pudding & Apple Salad

## MAINS

Goat's Cheese and Onion Parcels (V)  
Creamed Spinach  
Buttered Steak and Chips  
Thyme Roast Beef and Yorkshire Puddings  
Camomile Roast Lamb and Boulangère Potatoes

## DESSERTS

Sticky Toffee Pudding  
Coffee Crème Brûlée  
Chocolate Orange Cheesecake



# Sumptuous starters

*Rich flavours and traditional pairings were how you chose to start your meal. And good news: all our survey winners can be prepared ahead!*



## Bistro classic

### French Onion Soup

*Cooking the onions long and slow is the key to this satisfying soup. With freeze-ahead credentials, this one's convenient, too.*

Hands-on time **25min**. Cooking time **about 1hr 15min**. Serves 6

- ◆ 2tbsp olive oil
- ◆ 6 large onions, about 1.6kg (3½lb), finely sliced
- ◆ 2tsp fresh thyme leaves, plus extra to garnish
- ◆ 500ml (17fl oz) cider
- ◆ 1tsp caster sugar
- ◆ 1.4 litre (2½ pint) good-quality vegetable stock
- ◆ 6 small slices white bread
- ◆ 75g (3oz) Gruyère cheese (or vegetarian alternative), grated

**1** Gently heat oil in a large pan. Add onions, thyme and a large pinch of salt. Cover and cook over low heat for 30min, stirring occasionally, until onions are soft. **2** Pour in cider and add the sugar. Turn up the heat and bubble, stirring frequently, until cider has evaporated and the onions are deep golden – 40min. **3** Add stock and heat through, then check the seasoning. Meanwhile, preheat grill to medium. Put bread on a baking tray and lightly toast both sides under the grill. Divide the cheese equally among the toasts and

grill until melted and bubbling.

**4** To serve, divide the soup among six warmed soup bowls. Top each bowl with a cheese toast and garnish with thyme leaves and black pepper.

**PER SERVING** 300cals,

9g protein, 9g fat (3g saturates), 37g carbs (18g total sugars), 6g fibre

**FREEZE AHEAD** Prepare to end of step 2 up to 2 months ahead. Cool completely, then empty into a freezerproof bag and freeze. To serve, defrost completely, then complete recipe.

### Scallop, Black Pudding & Apple Salad

*Adding scallops to the pan and turning them in the same order will ensure they cook evenly.*

Hands-on time **20min**. Cooking time **about 10min**. Serves 8

- ◆ 1tsp oil
- ◆ 16 scallops, with or without roe as preferred
- ◆ 15g (½oz) unsalted butter
- ◆ 300g (11oz) black pudding, sliced into 1cm (½in) rounds
- ◆ 1tbsp balsamic vinegar
- ◆ Juice 1 lemon
- ◆ 1tbsp runny honey
- ◆ 2 dessert apples, halved, cored and sliced
- ◆ 100g (3½oz) salad leaves

**1** Use oil to grease a large non-stick frying pan and put it over high heat to warm up. Working clockwise and starting at 12 o'clock, methodically place the scallops around the edge of the hot pan. Fry for 2min on each side, draining off any excess liquid before turning them in the order in which you put them into the pan. Cook in batches, if necessary, to avoid crowding the pan. Add the butter to the pan for final 30sec, spooning it over the scallops until they are golden. Transfer scallops to a plate, cover with foil and leave to rest.

**2** Reduce pan heat to medium. Add black pudding to the pan and fry for 2min on each side until crisp. Add black pudding to scallop plate (reserving pan).

**3** For the dressing, to the empty pan add the balsamic vinegar, half the lemon juice, the honey and any juices from the resting plate, scraping the base of the pan. Season and set aside.

**4** In a medium bowl, toss apple slices with remaining lemon juice. Arrange salad leaves, scallops, black pudding and apple slices on a serving platter. Drizzle with dressing just before serving.

**PER SERVING** 197cals, 15g protein, 10g fat (4g saturates), 10g carbs (5g total sugars), 1g fibre

BEST of the BEST

Seafood favourite



## Chicken Liver Pâté

With TLC, chicken livers turn into a sublime, velvety pâté. Follow current FSA guidelines and cook liver until no pink remains in the middle.

Hands-on time **30min**, plus chilling. Cooking time **about 40min**. Makes **6**

- ◆ **250g (9oz) butter, softened**
- ◆ **1 onion, finely chopped**
- ◆ **800g (1lb 12oz) chicken livers**
- ◆ **2tbsp brandy**
- ◆ **¾tbsp fresh thyme leaves, plus extra to garnish**

**1** Melt 1tbsp of the butter in a large frying pan. Gently cook onion, covered, for 20min until soft and translucent. Trim and discard any green bits or sinew from livers. **2** Put cooked onions into a food processor. Return pan to medium-high heat and add half the livers. Cook for 8min, turning once, or until no pink remains in the centre. Add cooked livers to processor. Return pan to heat and cook

remaining livers, adding brandy and thyme to pan for final 30sec of cooking. Scrape pan contents into the processor, with 75g (3oz) of the remaining butter, plus seasoning. Whiz until smooth.

- 3** Push mixture through a fine sieve, then check seasoning. Divide among six 150ml (5fl oz) ramekins; smooth surface. **4** Melt remaining butter in a small pan, then spoon off and discard surface scum. Pour a layer of clear butter into each ramekin to cover (leaving cloudy whey in base of the pan). Garnish with thyme leaves, then cover and chill for at least 1hr. **5** Soften at room temperature for 10min, then serve with soda bread.

**PER SERVING**

**453cals, 24g protein, 37g fat (23g saturates), 2g carbs (2g total sugars), 0.5g fibre**



## Get-ahead starter

## Masterful main courses

**Steak and chips was your winning main, with roasted meats close behind. The vegetarians among you hanker after goat's cheese and red onion.**

### Thyme Roast Beef and Yorkshire Puddings

*This treatment works on any large beef roasting joint, and the Yorkshire puddings can be made in advance. Apricot jam is the secret to this easy gravy's fruitiness!*

Hands-on time **35min**, plus coming up to room temperature and resting. Cooking time **about 1hr 30min to 2hr 30min**. Serves **6**, with leftovers

- ◆ **2-2.5kg (4½-5½lb) rolled rib of beef**
- ◆ **2 medium carrots, roughly chopped**
- ◆ **2 celery sticks, roughly chopped**
- ◆ **1 onion, roughly chopped**
- ◆ **4 thyme sprigs**
- ◆ **Sunflower or vegetable oil, to rub and cook**
- ◆ **125g (4oz) plain flour, plus 2tbsp**
- ◆ **3 medium eggs**
- ◆ **175ml (6fl oz) semi-skimmed milk**
- ◆ **75ml (3fl oz) red wine**
- ◆ **400-500ml (14-17fl oz) beef stock**
- ◆ **1-2tsp apricot jam, to taste**

**1** Take beef out of fridge 1hr before cooking. Arrange vegetables and half the thyme in the base of a small, sturdy roasting tin (just large enough to hold beef) and set aside. **2** Preheat oven to 190°C (170°C fan) mark 5 and heat a large frying pan over high heat. Pat the beef dry with kitchen paper and take a note of its weight. Rub all over with sunflower/vegetable oil, then brown well on all sides in the pan. Sit beef skin-side up on top of the vegetables, season well and sprinkle over remaining thyme. Roast in the oven for an initial 10min, plus 10min per 500g (1lb 2oz) for rare, 15min per 500g (1lb 2oz) for medium-rare or 20min per 500g (1lb 2oz) for well-done meat. Or use a meat thermometer – for medium-rare meat the internal temperature of the beef should be 60°C. Baste beef a couple of times during cooking with pan juices – add a splash of water to



the tin if vegetables look too brown.

- 3** When meat is cooked to your liking, lift on to a board (set aside tin to make gravy). Cover beef with a couple of layers of foil and leave to rest for at least 30min, or up to 1hr. **4** Increase oven to 220°C (200°C fan) mark 7. Fill each hole of a 12-hole muffin tin with 1cm (½in) oil. Put tin into oven to heat while making batter. **5** In a large bowl, whisk together 125g (4oz) flour and eggs to make a thick paste. Gradually whisk in milk, 50ml (2fl oz) water and seasoning to make a smooth batter. Transfer to a jug. **6** Remove hot tin from oven and, working quickly, divide batter among holes. Return to oven. Cook for 20min or until puffed up and golden, and puddings feel firm.

**7** Spoon off most of the fat from the roasting tin, leaving behind vegetables and any sticky juices. Put tin over medium hob heat and stir in 2tbsp flour. Cook for 1min, then gradually stir in wine and stock. Cook for 3-5min, stirring constantly, until thickened. Leave to bubble for a few minutes. Stir in jam until dissolved; check seasoning. Strain into a gravy boat (discarding veg). Serve with beef, Yorkshire puddings, roast potatoes and seasonal greens.

**PER SERVING (125g/4oz beef with gravy)** **351cals, 45g protein, 16g fat (7g saturates), 5g carbs (2g total sugars), 0g fibre**

**PER PUDDING** **89cals, 3g protein, 5g fat (1g saturates), 8g carbs (1g total sugars), 0g fibre**

**GET AHEAD** Make Yorkshire pudding batter (step 5) up to 3hr ahead; cover and chill. Complete recipe to serve.

## WHAT STEAK TO CHOOSE?

**Fillet:** Expensive, tender and lean, with a gentle flavour.

**Sirloin:** Less pricey than fillet, but with great flavour and a slightly firmer texture. A safe bet.

**Rib-eye:** Soft texture and packed with flavour – the ideal cut for meat lovers. Quite fatty, however, and can be costlier than sirloin.

## Buttered Steak and Chips

*Classic steak comes alive with a flavoursome butter – and this one's ready in minutes.*

Hands-on time **25min.** Cooking time **about 30min.** Serves **6**

- ◆ **2 medium floury potatoes, unpeeled and sliced into thin strips**
- ◆ **1tbsp plain flour**
- ◆ **1tsp paprika**
- ◆ **1tbsp sunflower oil, plus extra to brush**
- ◆ **40g (1½oz) butter, softened**
- ◆ **1tsp Dijon mustard**
- ◆ **Finely grated zest 1½ lemons**
- ◆ **1tbsp chopped fresh chives**
- ◆ **6 x 250-300g (9-11oz) beef steaks, see box, left**
- ◆ **500g (1lb 2oz) cherry tomatoes on the vine, cut into 6 bunches**

**1** Preheat oven to 200°C (180°C fan) mark 6 and line a large baking tray with baking parchment. Put potatoes, flour, paprika and sunflower oil into a large bowl and toss together with plenty of seasoning. Tip on to the lined tray and spread out as much as possible. Cook for 25-30min, turning occasionally, until fries are golden and tender.

**2** Meanwhile, in a small bowl, mix together butter, mustard, lemon zest and chives with some seasoning, and set aside.

**3** Pat steaks dry with kitchen paper and season on both sides. Put a griddle pan over high heat to warm. Brush steaks with oil, then griddle for 5-6min, turning once for medium meat – cook for shorter/longer as preferred. Transfer steaks to a board, cover with foil and leave to rest for 5min.

**4** Meanwhile, fry cherry tomatoes in the griddle pan for 5min until beginning to burst. Top steaks with flavoured butter and serve with the fries, tomatoes and a crisp green salad.

**PER SERVING** 539cals, 55g protein, 28g fat (13g saturates), 15g carbs (3g total sugars), 2g fibre

*Your ultimate main*



## Goat's Cheese and Onion Parcels

*These crisp parcels are a sure winner. For a meaty addition, add some cooked pancetta cubes with the marmalade.*

Hands-on time **25min**. Cooking time **about 15min**. Makes 6

- ◆ 6 large sheets filo pastry – we used a 270g pack of Jus Rol
- ◆ Olive oil, to brush
- ◆ 2tbsp red onion marmalade
- ◆ 3 x 100g (3½oz) rind-on goat's cheese rounds, cut in half to make two semi circles
- ◆ 6tbsp chopped walnuts
- ◆ 6 thyme sprigs, leaves picked
- ◆ Finely grated zest 1-2 lemons, to taste

**1** Preheat oven to 200°C (180°C fan) mark 6. Lay a filo sheet on a work surface (keep remainder covered with a clean, damp tea towel). Cut filo into four equal pieces. Brush the top of each with some oil, then stack (oil-side down) – rotating slices so they don't overlap completely. Repeat with remaining filo sheets and oil to create six stacks.

**2** For each parcel, spoon 1tsp marmalade in the centre and top with half a goat's cheese, 1tbsp walnuts, some thyme leaves, lemon zest and seasoning. Pinch together the pastry to cover the filling. Repeat to make five more parcels and put on a baking tray.

**3** Cook in the oven for 12-14min until golden, then serve immediately – we like ours with Creamed Spinach, see right.

**PER PARCEL** 540cals, 17g protein, 36g fat (12g saturates), 36g carbs (7g total sugars), 2g fibre

**GET AHEAD** Prepare to end of step 2 up to a day ahead. Cover with clingfilm and chill. To serve, allow to come up to room temperature, remove clingfilm and complete recipe.



## Creamed Spinach

*This easy, luxurious side dish is ideal served alongside any of the winning main courses.*

Hands-on time **15min**. Cooking time **about 25min**. Serves 6

- ◆ 25ml (1fl oz) oil
- ◆ 1 onion, finely chopped
- ◆ 500g (1lb 2oz) spinach
- ◆ 2tbsp plain flour
- ◆ 300ml (½ pint) milk
- ◆ ½tsp freshly grated nutmeg
- ◆ 100ml (3½fl oz) double cream

**1** In a medium pan, heat the oil and gently cook onion, covered, for 15min until completely tender. **2** Meanwhile put half the spinach into a colander in the sink and pour over a kettleful of boiled water. Leave until cool enough to handle. Lifting up handfuls at a time, firmly squeeze out liquid from the wilted spinach, then roughly chop. Repeat process with remaining spinach.

**3** Stir the flour into the onion pan; cook for 30sec. Take pan off the heat and gradually stir in the milk and plenty of seasoning. Return pan to the heat and cook, stirring constantly, until thickened.

**4** Add the spinach, nutmeg and cream. Heat through and check seasoning (it will take quite a lot). Serve.

**PER SERVING** 186cals, 5g protein, 14g fat (7g saturates), 9g carbs (5g total sugars), 3g fibre

## Camomile Roast Lamb and Boulangère Potatoes

*Roasting the lamb over the potatoes means they have a deeply delicious flavour and you don't have to juggle different cooking times.*

Hands-on time **30min**, plus resting. Cooking time **about 1hr 30min**. Serves 6, with leftovers

- ◆ 2kg (4½lb) Maris Piper potatoes, peeled and thinly sliced into rounds – a mandolin is ideal for this
- ◆ 1 large onion, thinly sliced
- ◆ 10 thyme sprigs
- ◆ 400ml (14fl oz) hot chicken stock
- ◆ 2 camomile teabags
- ◆ 2tsp sunflower oil
- ◆ 1.6kg (3½lb) lamb shoulder

**1** Preheat oven to 200°C (180°C fan) mark 6. Layer potato slices, onion and half the thyme in a 2.5 litre (4½ pint) heatproof serving dish, seasoning as you go. Pour over the stock. Put a large wire rack over the dish.

**2** Empty contents of camomile teabags into a small bowl (discard bags). Stir in the leaves from the remaining thyme, some seasoning and the oil. Rub mixture over the lamb. Sit the lamb on the wire rack on top of the dish, then cover everything with foil.

**3** Carefully transfer the dish to the oven and roast for 1hr. Uncover and cook for 30min more (the lamb should be cooked to medium), or until the lamb is cooked to your liking, and the potatoes are tender and golden. Transfer lamb to board, cover with foil and leave to rest for 20min; keep potatoes warm in the oven.

Serve lamb and potatoes with mint sauce or redcurrant jelly and seasonal vegetables.

**PER SERVING** (125g/4oz lamb plus potatoes) 590cals, 31g protein, 25g fat (11g saturates), 58g carbs (4g total sugars), 6g fibre

**GH TIP** Store any leftover lamb in a sealed container in the fridge. Use within 3 days.

## Wines to please all palates

*'Choosing wine to take to a party can be tricky', says GH wine expert, Richard Ehrlich. 'It must be good, but not so good that you'll be disappointed if it isn't opened.' Try these:*

### Fizz

If you bring serious Champagne you will expect to drink it.

But Philippe Michel Crémant du Jura 2012 (Aldi, £7.29, 12%) is inexpensive enough that you won't be sorry if it disappears

into the kitchen. It's 100% Chardonnay, and fantastic value.

### White

For a food-friendly wine with airs and graces, try the zingy Marks & Spencer Workhorse Chenin

Blanc 2014 (£8.50, 12.5%) from South Africa. It's made by Ken Forrester, the country's leading exponent of Chenin Blanc.

### Red

Good Pinot Noir

always impresses. It can be expensive, but The Co-operative Truly Irresistible

Pinot Noir 2013 is a really enjoyable Chilean example at an affordable price (£7.99, 14%), with lushly generous fruit.

BEST of the BEST



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# Fabulous puddings

*It's no wonder these decadent desserts were voted your all-time favourites.*



## Sticky Toffee Pudding

*Ours is baked in a loaf tin, making slicing and serving easier.*

Hands-on time **30min**, plus optional cooling. Cooking time **about 50min**. Serves 8

- ◆ **100g (3½oz) stoned dates, finely chopped**
- ◆ **100ml (3½fl oz) hot English Breakfast tea, freshly brewed**
- ◆ **125g (4oz) unsalted butter, softened, plus extra to grease**
- ◆ **150g (5oz) dark muscovado sugar**
- ◆ **1tbsp golden syrup**
- ◆ **2 medium eggs**
- ◆ **125g (4oz) self-raising flour**
- ◆ **½tsp bicarbonate of soda**

**FOR THE SAUCE**

- ◆ **50g (2oz) unsalted butter**
- ◆ **50g (2oz) dark muscovado sugar**
- ◆ **100ml (3½fl oz) double cream**
- ◆ **½-1tbsp dark rum, optional, to taste**

**1** Preheat oven to 180°C (160°C fan) mark 4. Put dates into a bowl, pour over tea and leave to soak for 10min. Grease and line a 900g (2lb) loaf tin with baking parchment.

**2** For the cake, put butter and sugar into a large bowl and beat together with a handheld electric whisk until light and fluffy – about 5min. Add the golden syrup, eggs, flour, soda and date mixture and whisk until just combined. It may look a little curdled, but don't worry. Pour mixture into the prepared tin.

**3** Bake for 40-50min or until a skewer inserted into the centre comes out clean. Leave to cool in the tin for 5min, then transfer to a wire rack.

**4** Meanwhile, make the sauce. In a small pan, heat the butter, sugar and double cream, stirring constantly, until the sugar dissolves. Bring to the boil and bubble for about 2min, still stirring constantly. Take off the heat and stir in the rum, if using.

**5** Serve cake warm or at room temperature in slices with the sauce (reheat gently if needed) and vanilla ice cream, if you like.

**PER SERVING** 441cal, 4g protein, 26g fat (16g saturates), 46g carbs (35g total sugars), 1g fibre

## Coffee Crème Brûlée

*Luxurious, laced with coffee liqueur and topped with sugar... What's not to adore?*

Hands-on time **20min**, plus cooling and chilling. Cooking time **about 35min**. Serves 6

- ◆ **300ml (½ pint) double cream**
- ◆ **300ml (½ pint) whole milk**
- ◆ **6 large egg yolks**
- ◆ **75g (3oz) caster sugar**
- ◆ **3-4tbsp coffee liqueur, to taste**
- ◆ **3tbsp demerara sugar**

**1** Preheat oven to 140°C (120°C fan) mark 1 and put a shallow 1 litre (1¾ pint) ovenproof serving dish or six 125ml (4fl oz) ramekins on a baking tray.

**2** Heat cream and milk together in a small pan until nearly boiling – there should be small bubbles around the edges of the liquid. Take pan off heat.

**3** In a medium heatproof bowl, mix together the egg yolks and caster sugar until

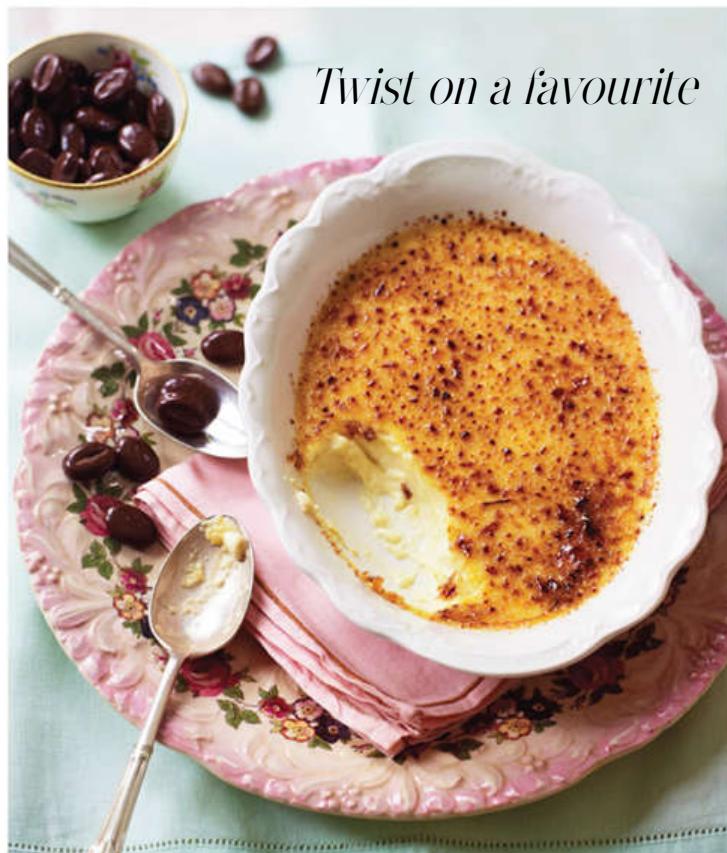
combined. Gradually stir in the hot cream mixture, then strain into a jug and mix in coffee liqueur.

**4** Pour mixture into the serving dish/ramekins and bake in the oven for about 35min or until custard is just set – tap the dish lightly and the custard should wobble seductively! Allow to cool completely, then chill for at least 4hr.

**5** To serve, preheat grill to medium. Scatter demerara sugar over the chilled custard in an even layer, then grill for 2-3min or until the sugar has melted and caramelised. Cool and chill for 10min before serving.

**PER SERVING** 446cal, 5g protein, 34g fat (20g saturates), 25g carbs (25g total sugars), 0g fibre

**GET AHEAD** Prepare to end of step 4 up to a day ahead. Complete recipe to serve.



## Twist on a favourite



Treat your guests



## Chocolate Orange Cheesecake

*Fabulously creamy and zesty.*

Hands-on time **20min**, plus cooling and chilling. Cooking time **about 40min**. Serves **8**

### FOR THE BASE

- ◆ 50g (2oz) butter, melted, plus extra to grease
- ◆ 200g (7oz) dark chocolate digestives, finely crushed

### FOR THE FILLING

- ◆ 2 medium eggs, separated
- ◆ 500g (1lb 2oz) cream cheese
- ◆ 150ml (5fl oz) sour cream
- ◆ 200g (7oz) caster sugar
- ◆ 1½tbsp plain flour
- ◆ 1tsp vanilla extract
- ◆ Finely grated zest 1 orange

### TO DECORATE

- ◆ 150g (5oz) plain chocolate, melted

**1** Grease a 20.5cm (8in) round springform tin. In a medium bowl, mix butter and biscuit crumbs, then press into base of tin in an even layer. Chill for 15min.

**2** Preheat oven to 180°C (160°C fan) mark 4. In a large bowl, whisk the egg yolks with all the other filling ingredients until smooth. Whisk egg whites in a separate bowl (with a clean whisk) until they hold soft peaks. Use a large metal spoon to mix a spoonful of whites into the cream cheese mixture, then fold in remaining whites.

**3** Pour mixture into the tin and level. Bake for 35-40min until lightly golden – the filling will firm up on chilling. Leave to cool – it may crack on top, but this will be covered by decoration. Chill for at least 2hr or overnight.

**4** To decorate, pour melted chocolate on a baking sheet. Chill until set. Pull a large non-serrated knife towards you across the chocolate to make a curl. Repeat to make enough curls to cover the cheesecake.

**5** To serve, remove cheesecake from tin and transfer to a serving plate. Scatter over chocolate curls and serve in slices.

**PER SERVING** 710cals,

7g protein, 51g fat

(31g saturates), 55g carbs

(44g total sugars), 1g fibre □



### WHY WE'RE TRIED & TESTED

You can always rely on Good Housekeeping recipes to work first time. One of our Cookery Team develops each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the food is

also tasted by lots of other key magazine staff). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe – our guarantee to you that they'll work! Remember always to use calibrated measuring spoons and accurate scales for ultimate success.

COUNTRY LIVING  
magazine

# CHRISTMAS FAIR

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Here's how:  
GH's Meike Beck

# SECRETS of the GH KITCHENS

Whether it's a nifty new idea or a timesaving favourite, the GH experts spill the beans on their best-kept culinary secrets...

## 1 EASY PEEL

*Knobbly ginger is a pain to peel. Solution? Scrape a teaspoon along its contours and the skin will come off easily. Even easier: freeze ginger whole and grate it straight from frozen (no need to peel first).*

## 2 LONGER LIFE

Most cut soft herbs keep for longer stored at room temperature with their stems in water, rather than in their packs in the fridge.

## 3 FRESH TEST

To test an egg for freshness, gently immerse it in a bowl of water. Fresh eggs will sink and lie horizontally on the bottom, slightly older eggs (great for meringues and hard boiling) tip upwards on end. Eggs that float are off and should be binned.



## 4 HERBILICIOUS

*When making pestos or curry pastes, use the herb stalks as well as the leaves. It gives more flavour and helps keep costs down.*

## 5 ICE IN A SLICE

If you don't have time to soften your ice cream and it's in a Ben & Jerry's type of tub, don't resort to the microwave! Simply lay the tub on its side on a board and use a bread knife to cut it into slices, tub and all. Peel off the cardboard and serve (this won't work for a plastic tub, of course).

**6 EASY CHEESY**  
*Make your Parmesan or Grana Padano work harder by freezing leftover rinds. Add them to soups, tomato sauces, stews and risottos while simmering to draw out the savoury flavour. Then simply discard the rind before serving.*

## 7 DEGREASE IN A JIFFY

Greasy stew or soup? Drop in a couple of ice cubes and the fat will solidify into lumps, which you can easily scoop off.

## 8 HOT POP

Use a couple of popping corn kernels to test whether oil is hot enough for deep frying. Drop them into the oil, then heat. When the corn pops, your oil is ready to go (about 170°C).

## 9 ULTIMATE HOT CHOC

Nutella jar nearly come to an end? Try adding hot milk, then mix to combine, scraping the spread off the sides... You've got yourself a delectable hot chocolate.

## 10 GREAT GRAPES

Frozen grapes make an easy healthy snack, and they're ideal dropped into a glass of wine to chill it without diluting.

## 11 BETTER BAKING

For best results, keep your baking ingredients at room temperature. If you've forgotten to take your eggs out of the fridge, put them in to a bowl of warm water for 5min before using. To soften fridge-cold butter, grate it on to a plate with a coarse grater and leave at room temperature.

## 12 WHICH IS WHICH?

Lost the box and can't tell whether your roll is greaseproof paper or baking parchment? Just hold a little of it under running water. Greaseproof paper will absorb the water and get wet; parchment will repel the liquid like water off a duck's back.

## 13 HANDY FLOSS

Held taut, a length of unscented dental floss will cut through soft cheeses without mess. Or wrap a length of floss around a sponge cake, and then pull to cut the cake into neat layers.

## 14 SPEEDY SIDE

Try frying gnocchi straight from the pack in a couple of tablespoons of olive oil. Toss occasionally until golden. Season well and serve with roast meats.

## 15 BEEAUTIFUL

If your runny honey has set solid, place the jar in a bowl of hot water until smooth again. Or remove the lid and microwave the jar for 10sec bursts until runny again.



## 16 STIFFER STALKS

Keep celery wrapped in foil in the fridge. It will last for up to a month stored this way. If your sticks have already gone limp, soak them in a roasting tin of chilly water and they'll perk up after 15min.

## 17 DRY YOUR OWN

Dry herbs in the microwave to make them last longer: parsley and rosemary work well. Pick leaves off the stem and spread on a microwave-safe plate lined with kitchen paper. Cover with more paper and microwave on full power (800W) until crisp: about 1min followed by a few 20sec bursts for woody herbs, or 40sec followed by a few 20sec bursts for delicate herbs. Keep in an airtight container or grind, then store.

## 18 DIY BUTTERMILK

*Your recipe calls for buttermilk? Add 1tbsp lemon juice or white wine vinegar to whole milk and set aside for 10min. The curdled milk will work as a perfect substitute.*

## 19 SOLID SUGAR

Has your brown sugar hardened into lumps? Microwave in a suitable bowl next to a mug of water, on full power (800W) in 1min bursts, until you can break down the lumps. Store in an airtight container to keep it soft.

## 20 KIWI CONUNDRUM

*The flesh of a kiwi can be super soft, making it tricky to peel. Try this: slice both ends off the kiwi, then push a teaspoon just under the skin (so the back of the spoon is against the inside of the skin), right through to the other end. Sweep the spoon around the fruit, push out the flesh and hey presto!*

## 21 POACHED PERFECTION

Poaching eggs? Get the best results by using fresh eggs, as their whites cling more tightly to the yolk and have more substance. Chill eggs before poaching, and add 1tbsp white wine vinegar to the simmering water to help coagulate the whites.

## 23 OPEN SESAME

Can't open that pesky jar? Wrap an elastic band around the lid to help you get a better grip.

## 24 RICE ADVICE

Brown rice is better for you than white and tastes great. Get around the longer cooking time by soaking it in cold water overnight. This shortens the time it takes to cook by at least 15min!

## 22 STEEL YOURSELF

Raw garlic, smoked salmon and other fish odours love to stick to your hands. To get rid of the smell, wet your hands with cold water and rub over your stainless-steel tap for 30sec before washing. Sounds crazy, but it works!

## 25 NO MORE TEARS

*If you've ever rubbed your eyes after cutting chillis, this one's for you! Rub some oil into your hands before slicing and dicing, then wash with warm, soapy water when you're done. The oil stops the chilli from permeating your skin.* □



### Come to our Cookery School

*From pastry making to fish filleting, we run a range of inspiring half-day and full-day cookery courses at our state-of-the-art Good Housekeeping Institute Cookery School. Visit [goodhousekeeping.co.uk/institute/cookery-school](http://goodhousekeeping.co.uk/institute/cookery-school) to learn more.*

## THE LOWDOWN

# Pepperoni Pizza

Make this takeaway favourite at home with our ultimate recipe, plus our top supermarket picks...



## MAKE IT

### EASY PEASY PIZZA

Takes about 30min, plus rising. Makes 1 large pizza (serves 2)

In a large bowl, mix 175g (6oz) strong white flour with  $\frac{1}{2}$ tsp salt and  $\frac{1}{2}$ tsp fast action dried yeast. Make a well, pour in 100ml (3½fl oz) warm water and 1tbsp extra virgin olive oil and stir to combine. Bring dough together with your hands and tip on to a lightly floured surface. Knead for 10min. Put dough into an oiled bowl, cover and leave to rise for 30min. Meanwhile, mix together 3tbsp good quality passata with 1 small clove garlic, chopped, 1tsp dried oregano and a pinch of sugar. Preheat grill to high. On a lightly floured surface, roll the dough into a circle about 30.5cm (12in) across. Place on a lightly floured baking tray. Grill base on each side for 1-2min or until beginning to brown. Remove from grill, spread over passata mix, scatter over 125g (4oz) torn mozzarella and 50g (2oz) pepperoni slices. Return to grill for 8-10min, until bubbling. Serve immediately.

**PER SERVING** 648cals, 29g protein, 30g fat (14g saturates), 65g carbs (2g total sugars), 4g fibre

£1.27\*  
per pizza



### Did you know?

The first pizza shop opened in Naples in 1830 and is still there today. But pizza, or Italian pie, was little known until US and UK troops discovered it during WWII.

### Cheat's eat!

For a speedy home-made pizza, try Crosta & Mollica Pizza Base with Tomato Sauce, £1.99 for 270g, Waitrose and Ocado, and finish with your choice of toppings.

## BUY IT

£3\*\*  
per pizza

From frozen to fresh, stone-baked to stuffed crust, we tested 18 supermarket pepperoni pizzas to find the ultimate choice. **The Co-operative Thin and Crispy Double Pepperoni** (£3 for 364g) was hard to beat. It has a stone-baked base, made from chewy, fermented dough, the best tomato sauce we tried, plenty of mozzarella cheese and two types of pepperoni to pack a punch. A close runner-up was **Tesco Takeaway Stuffed Crust Pepperoni Pizza** (£3.75 for 490g), which looks rustic but is stuffed with three types of cheese, and topped with a rich tomato sauce and plenty of pepperoni.

## KITCHEN HELPERS

### ♦ Saclà Recipe Bases

We particularly liked the Barolo sauce from the new range. Made from a reduction of Barolo wine, tomatoes, mustard seeds and horseradish, it's perfect with beef. Helps create a fuss-free meal that tastes as if you've spent hours in the kitchen! £2.30, Waitrose.



### ♦ Tastesmiths Meal Kits

Portions of fresh ingredients and freshly ground spices so you can make dinner from scratch, without any waste. Just add an onion, tomatoes, and meat or veg. We liked the Goan Fish/Prawn Curry, £3.50, Ocado and tastesmiths.com.



### ♦ Roaming Roosters

This Lancashire-based company uses only natural ingredients and delivers its delicious, ready-to-cook range to your door. We loved the Italian Style Lamb Meatballs. Meals from £2.95, roamingroosters.co.uk. □



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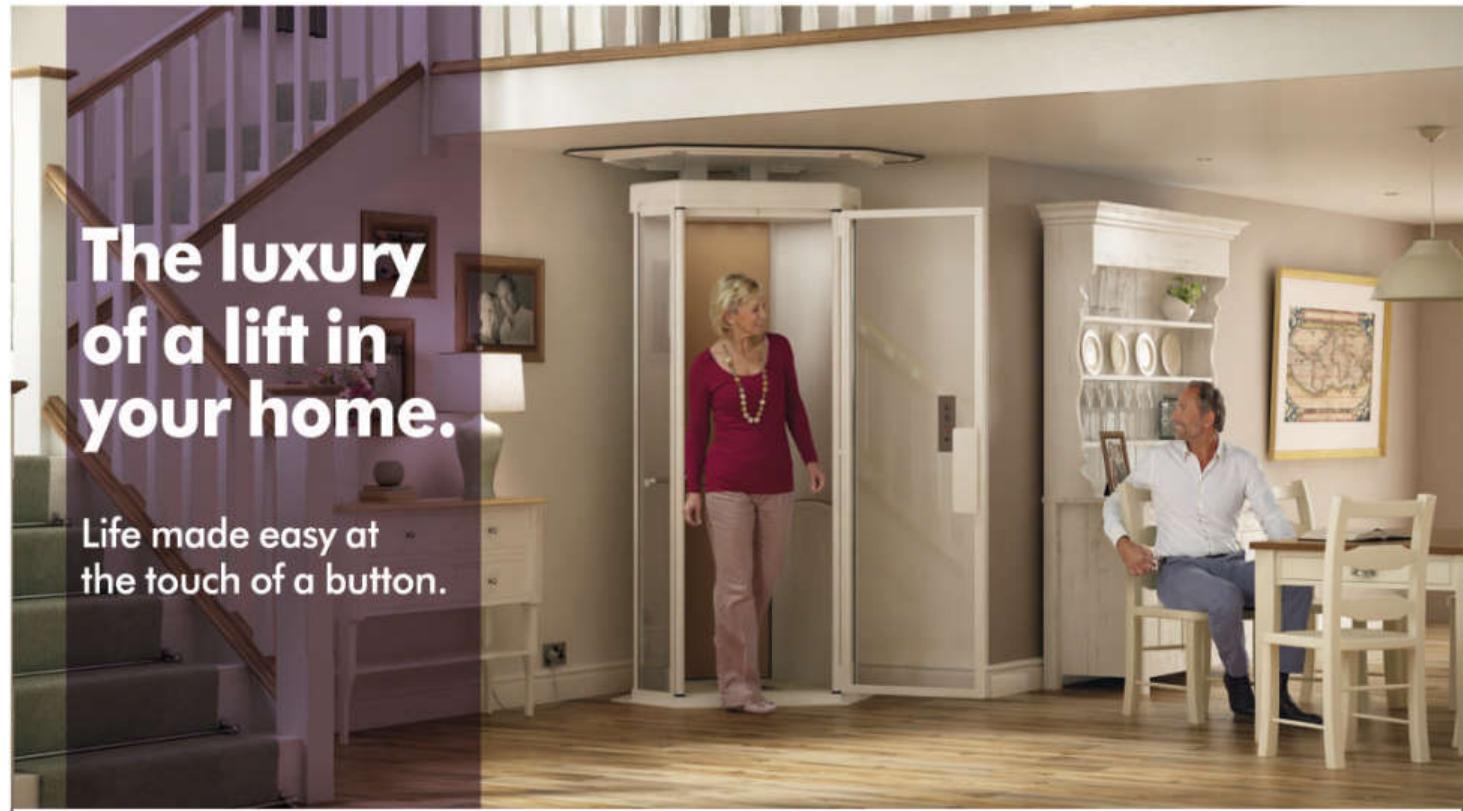
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**Stannah**

# TASTE TEST

## HOT CHOCOLATE

There's nothing like a cup of warming hot chocolate on an Autumn day. Our panel tested 12 brands to find the richest and creamiest.



### WINNER

**77/100** Sainsbury's Taste the Difference

**Santo Domingo Drinking Chocolate**

Thick and creamy with a touch of bitterness – like something you'd drink in a Parisian café. £2.30 for 300g

### RUNNERS UP

**76/100** Tesco Instant

**Hot Chocolate**

Sweet and soothing, with a delicious milk chocolate taste. Our tasters loved the velvety texture. £1.58 for 400g

**74/100** Cadbury Original

**Drinking Chocolate**

Offers an intense hit of chocolate – but some found it too sweet. £2.99 for 500g

**73/100** Waitrose

**Luxuriously Rich**

**Drinking Chocolate**

The perfect balance of creaminess and dark chocolate bite. £1.79 for 250g

**68/100** Asda Chosen by You

**Instant Hot Chocolate**

An intensely rich drink with a hint of malt. £1.58 for 400g

### HOW WE TESTED

We tested 12 hot chocolate powder mixes from seven supermarkets, made up with hot water or milk, according to instructions on the packet. We were looking for a rich, creamy drink with a smooth texture.



An Autumnal treat:  
drinking chocolate – with adornments!

## Hot chocolate heaven

Make up 300ml (½ pint) warm hot chocolate according to pack instructions, then let it cool slightly while you assemble the dessert. Put **two scoops of good-quality vanilla ice cream** into each of six glasses or bowls, then pour some of the hot chocolate over each. Finish by sprinkling your choice of decorations (such as **chocolate chips, white chocolate stars, mini marshmallows**) over the top of the ice cream and serve immediately. □



Scene stealer: discover  
the picturesque  
landscape around  
Slovenia's Lake Bled

# Breathe...!

Fresh air, astonishing scenery, keeping fit... And on a walking holiday, you can justify a gastro-feast every evening. So put your best foot forward, says Travel Editor David Wickers

## GLORIOUS LANDSCAPES

### Slovenia

From scores of contenders for walks in beautiful scenery, I've picked one of the least-known destinations for its sheer variety. From the Julian Alps to serene lakes, valleys and summits, and forest and wildflower meadows orchestrated by cowbells, Walks Worldwide ([walksworldwide.com](http://walksworldwide.com)) reveals all on its one-week independent trip based on stays in two different areas, Kranjska Gora and Lake Bohinj, both with a choice of walks on the doorstep, from £759 B&B plus three meals, excluding flights.



## CLOSER TO HOME

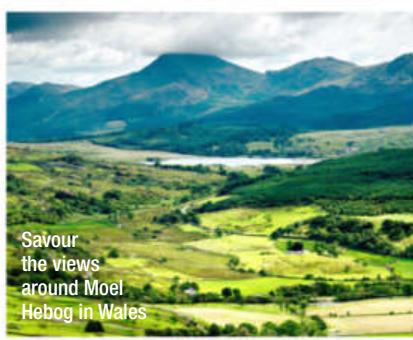
### Yorkshire Dales

Explore James Herriot country from a single base: the cosy Eastfield Lodge in the market town of Leyburn in Wensleydale, gateway to the Dales National Park. You can go independently, following any of the many suggested walks, join an organised four-night break with guided outings or take over the whole place (sleeps up to 16). From £80 per room per night B&B, £325pp for a four-night organised/guided break, or £895 for two nights' exclusive use, through [colletts.co.uk](http://colletts.co.uk).





Get away from it all in Spain's Liébana Valley



Savour the views around Moel Hebog in Wales

## GETTING HIGH

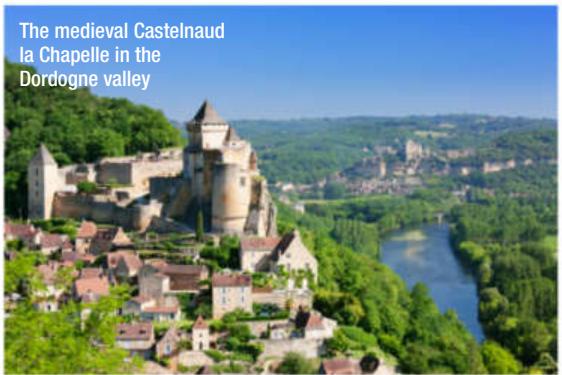
### Picos de Europa

An utterly rural journey, walking through the Liébana Valley and up to the stunning Cares Gorge in Northern Spain. Among many highlights are the medieval town of Potes, the natural amphitheatre at Fuente Dé, a cable-car ride high into the mountains and walking in Valdéon, the area's most isolated valley. From £980pp for seven nights with most meals, luggage transport and return transfers from Santander, with Pura Aventura (pura-aventura.com).

## CLOSER TO HOME

### Snowdonia

Ascend Moel Hebog, walk through the beautiful Beddgelert Forest beside the Welsh Highland Railway, tread the path by the famous Devil's Kitchen to Llyn Cwn (Lake of Dogs) and experience the spectacular Nantlle Ridge. A four-night guided walking holiday costs from £399pp for full board and local transport, with HF Holidays (hfholidays.co.uk).



## RIVERSIDE MEANDERING

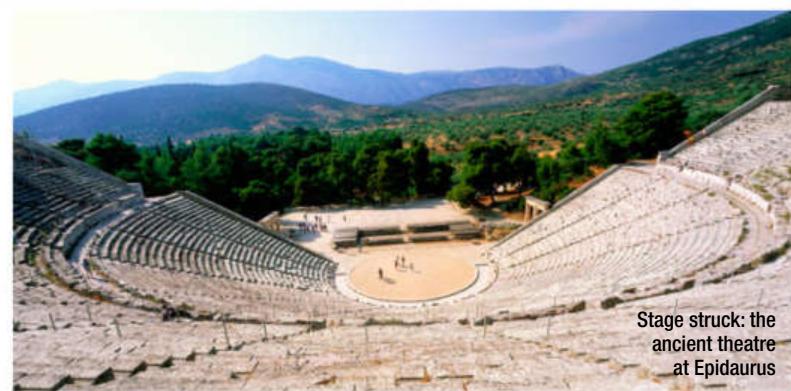
### The Dordogne

Walk mostly tranquil riverside paths beside the Dordogne and Vezere rivers, with opportunities to swim, fish or canoe. You'll also enjoy pretty medieval villages, imposing castles, troglodytic caves and, at the end of each day, a gastronomic Périgord feast at each of four characterful hotels, all with pools. Eight nights' half board from £1,099pp (or £1,348pp with flights), including luggage transfers, with headwater.com.

## CLOSER TO HOME

### The Thames Path

Beautiful, historic and delightfully rural at one end, intensely urban at the other – and signposted all the way from its source in a remote Gloucestershire meadow to the Thames Barrier (184 miles). See nationaltrail.co.uk for more details.

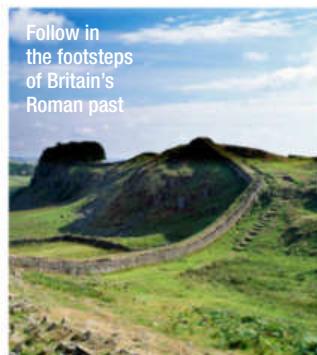


Stage struck: the ancient theatre at Epidaurus

## HISTORIC HIGHLIGHTS

### The Peloponnese

Walkers along the ancient kalderímia mule trails of the Greek Peloponnese, some 3,000 years old, will touch upon a rich fabric of archaeological sites – such as Mycenae and the 4th-century BC theatre at Epidaurus – and extraordinary medieval castles and fortified towns like Mystras, Monemvasia and Nafplio. All this against a backdrop of spectacular mountain scenery, sweeping sandy beaches, gorges, forests and fertile plains. An Inntravel (inntravel.co.uk) nine-night trip, taking in the above sites with detours to visit the temples of Zeus and Hera at Olympia, costs from £785pp including B&B and car hire, flights extra\*.



## CLOSER TO HOME

### Hadrian's Wall

Explore the route of northern Europe's largest surviving Roman monument from coast to coast, from the aptly named Wallsend to the Solway Firth. The 84-mile walk, punctuated by forts, milecastles (they literally built a castle every mile along the wall!), look-out turrets and original wall, is also rewarding for showcasing wild border landscapes. See visithadrianswall.co.uk for more information.



Explore the red cliffs of the Algarve coastline

## COASTAL CAPERS

### The Algarve

Portugal's southernmost region has long been popular with sun-seekers and golf enthusiasts, but one of the Algarve's best-kept secrets is that it's a paradise for walkers – especially along its miles of red-cliff coastline. A good place to start is the Rota Vicentina, a 350km (217-mile) path that stretches along the coast between Santiago do Cacém and the Cape of St Vincent. The path is lined with wild flowers, including rare orchids, while Atlantic waves crash on to sugary beaches below. Casa da Mãe at Salir in Serra do Caldeirão ([casadamae.com](http://casadamae.com)) is a fine example of the region's hospitality, its hosts full of valuable advice for walkers and ready to welcome you home from the trails with a hearty home-cooked meal. More details at [macsadventure.com](http://macsadventure.com).



Circumnavigate the Isle of Wight

### CLOSER TO HOME

### The Isle of Wight

A coastal path encircles the island, with scenery varying from chalk and sandstone cliffs, through popular holiday resorts to quiet inlets, bays, marshes and salttings. A bus service means it can be split over several days. Find more details from the Long Distance Walkers Association at [ldwa.org.uk](http://ldwa.org.uk).



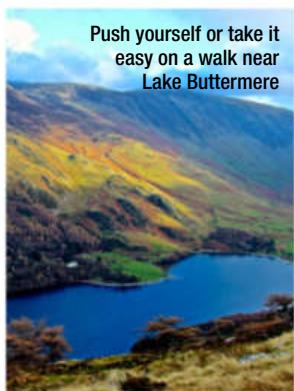
A kind of magic: Austria's enchanting Salzkammergut

## WATERSIDE WONDERS

### Austria's Lake District

Go ambling rather than rambling in the magical 'Sound of Music' mountains of the Salzkammergut. Based beside the lake at Altaussee, at the Hotel Seevilla (where Daniel Craig stayed when filming the latest Bond epic), highlights of this easygoing, escorted trip include visits to the nearby salt mines and Lake Grundlsee, a boat trip to Kammersee where the Nazi treasure was dumped, and the Dachstein Ice Caves. From £1,370pp, including flights to Salzburg, transfers, half board, excursions, entrance fees and a tour leader, with [adagio.co.uk](http://adagio.co.uk).

Push yourself or take it easy on a walk near Lake Buttermere



### CLOSER TO HOME

### Our Lake District

The English landscape at its most sublime is accessible to both gently paced walkers, and the ropes and carabiner brigade. Ramblers Holidays ([ramblersholidays.co.uk](http://ramblersholidays.co.uk)) offers three, four and seven-night guided breaks at Hassness Country House hotel, situated on Lake Buttermere, from £195pp full board.

## IMBIBERS' INROADS

### Provence

The little-visited region around Gigondas in Provence is the setting for a seven-night self-guided walk around the iconic Mont Ventoux. Aside from cliff-top villages, strange conical hills, tiny Le Barroux's impressive castle and gorgeous Roman bridges, it has Côtes du Rhône vineyards galore. You can sample not only well-known regional wines, but also Vacqueyras whites and a variety of 'marcs', plus tempting degustation menus! From £895pp for seven nights' B&B, plus five evening meals, five picnics and luggage transfers, with On Foot Holidays ([onfootholidays.co.uk](http://onfootholidays.co.uk)).



Trek and taste the gourmet delights of Provence

### CLOSER TO HOME

### The Speyside Way

Follow the river through the heart of malt whisky country in north east Scotland, with optional stop-offs at various distilleries. Seven nights' B&B with Mickledore ([mickledore.co.uk](http://mickledore.co.uk)) costs from £498pp with luggage transfers. □

Drink in the beauty of Scotland's whisky trail

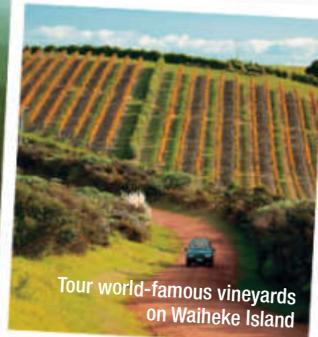


# Middle Earth (not just for Hobbits)

Fantasy landscape:  
the Kaikoura mountain  
range on the  
South Island

Geothermal activity  
in Wai-O-Tapu,  
near Rotorua

New Zealand is home to fascinating geological sights – think geysers, volcanoes and bubbling pools of lava – but also extensive wine regions, a vibrant fusion cuisine, ancient Maori culture, cutting-edge eco projects and adrenaline sports... You can do quite a lot in two weeks, as Lindsay Nicholson found out, though three would be better – since you're going all that way!



## DAY 1: getting there and settling in

Air New Zealand flies direct from Heathrow to Auckland with a two-hour stopover in Los Angeles. It is still a 25-hour journey, but the Premium Economy class, which has pod-like seats for extra privacy, is widely agreed to be among the best. Recover at the Hilton Auckland overlooking the waterfront, then eat or shop in the Ponsonby Road area ([iloveponsonby.co.nz](http://iloveponsonby.co.nz)) or take a short ferry ride to Waiheke Island, with its miles of vineyards and olive groves.

## DAY 3: discovering Maori culture

Driving is on the left and the roads are

good, so hire a car to travel to Rotorua, where underground thermal activity is the main attraction. Aside from the bubbling hot springs, this is also a prime spot for soaking up Maori culture. Stay at Peppers On The Point ([peppers.co.nz](http://peppers.co.nz)), overlooking Lake Rotorua, and enjoy a traditional haka warrior dance at the cultural centre in Te Puia, along with a meal cooked the traditional way – in the ground.

## DAY 5: sail, fly, swim

Lake Taupo ([greatlaketaupo.com](http://greatlaketaupo.com)) is the size of Singapore, with water so pure you can drink it. The fishing here is excellent. Using the Hilton Lake Taupo as a base, explore this aquatic playground via a float plane or aboard a vintage yacht.

## DAY 6: Sauvignon Blanc

The labels on your favourite bottles of wine

– especially Sauvignon Blanc – exist here in the real world as mile after mile of vineyard. You won't want to drink and drive, so hire a bike from Coastal Wine Cycles in Te Awanga and cycle between world-famous wine producers, including Elephant Hill and Clearview, sampling as you go. A stay at Breckenridge Lodge ([breckenridgelodge.co.nz](http://breckenridgelodge.co.nz)) combines the home-grown wines with exquisite local food cooked by its owner, Malcolm Redmond.

## DAY 8: Art Deco gem

So much of New Zealand has been shaped by geological eruptions, and the tiny city of Napier is no exception. An earthquake in 1931 demolished much of the architecture, which was rebuilt in classic Art Deco style that you can see to this day.

## DAY 9: eco wilderness

Abel Tasman National Park ([abeltasman.co.uk](http://abeltasman.co.uk)) on South Island is an incredible eco wilderness. Make your base the glorious Resurgence eco lodge in the middle of the nature reserve, and from there explore the



CLOCKWISE FROM LEFT:  
the treehouse suites of  
Hapuku Lodge; the  
Auckland skyline; the  
haka warrior dance;  
horseriding near  
Glenorchy; whale  
watching in Kaikoura;  
kayaking in Abel  
Tasman National Park.  
BOTTOM RIGHT: Napier's  
Art Deco architecture



area on foot or by kayak. A trip by water tractor across the sands at Marahau is a must.

### DAY 11: driving the Great Coastal Highway

The road between Nelson and Kaikoura is one of the great drives of the world, with spectacular views of the Pacific. Take your time and stop to watch seals and marine birds, and pull up at roadside stalls selling seafood fresh from the ocean to keep you going. Hapuku Lodge ([hapukulodge.com](http://hapukulodge.com)) is a stunning hotel regularly featured in design magazines, especially its treehouse suites. At nearby Kaikoura, you can take a Wings Over Whales flight to watch 20-metre long sperm whales basking and diving in the ocean.

### DAY 13: on a quest

Queenstown is known as the adrenaline capital of New Zealand, and the scenery, as seen in Lord Of The Rings and The Hobbit, is truly spectacular. But you don't have to risk life and limb to see it. Horseriding, four-wheel drive safaris and all kinds of

boats and small aircraft allow you to enjoy the view at whatever pace feels most comfortable. Stay at the Rees Hotel and Apartments ([therees.co.nz](http://therees.co.nz)), only 10 minutes from the airport, to maximise every last minute of your trip before taking an internal Air New Zealand flight back to Auckland and then home to Britain.

◆ **Bridge & Wickers** ([bridgeandwickers.co.uk](http://bridgeandwickers.co.uk)) can arrange an 18-night itinerary, visiting and staying in the same places, from £6,952pp, including all flights, car hire, transfers, several meals, tours and activities. □

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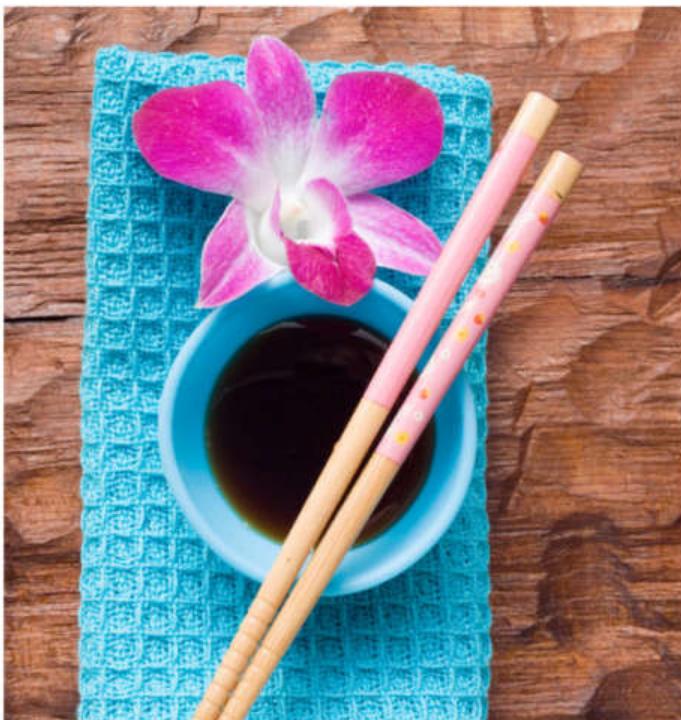
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  - Gel Biological
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  - Almat Laundry Gel Biological
  - Almat Laundry Gel Non-Bio
  - Almat Laundry Gel Colour
  - Almat Liquid Sachets 2 in 1
  - Almat Liquid Sachets Bio
  - Almat Liquid Sachets Colour
  - Almat Liquid Sachets Non-Bio
  - Almat Super Concentrated Liquid Wash Bio
  - Almat Super Concentrated Liquid Wash Colour
  - Almat Super Concentrated Liquid Wash Non-Bio
  - Almat Super Concentrated Liquid Wash 2 in 1
  - Almat Washing Powder 2 in 1
  - Almat Washing Powder Colour
  - Almat Washing Powder Non-Bio
  - Almat Washing Tablets Colour
  - Almat Washing Tablets Non-Bio
  - Anco So Soft Concentrated Fabric Conditioner - all variants
  - Anco So Soft Naturals Fabric Conditioner - all variants

- Bramwells Tomato Ketchup
- Diplomat English Breakfast Tea
- Magnum All in 1 Dishwasher Tabs
- Magnum Premium Washing Up Liquid - all variants
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- ASDA**
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  - Bathroom Pack
  - Cleaning Pad
  - Deep Clean Mop
  - Deep Clean Mop Head
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  - Granite Pack
  - Hob & Oven Pack
  - Kitchen Pack
  - Shower Pack
  - Stainless Steel Cloth
  - Stainless Steel Pack
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  - Water Softener
- LA CAFETIÈRE**
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■ Breadmaker ZB2502

■ Washing machine

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■ Washing machine

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■ Ionic Toothbrush

EW-DE92

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Whitening

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Plus Steam Iron

■ GC8616 PerfectCare

Aqua Steam Generator Iron

■ GC9630 PerfectCare

Elite Steam Generator Iron

■ Lumea Precision Plus

**PLENTY**

■ Dura Cloth

household towel

■ The Big One

household towel

■ The Fat One

household towel

■ The Original One

household towel

**REST ASSURED**

■ Traditional Pocket Bed

Collection

**SHARK**

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**SEBO**

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■ Felix range

**TEFAL**

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■ Actifry Original

■ Ingenio Essentials

Non-Stick

■ Ingenio Induction

■ OptiGrill

■ Aquaspeed Iron –

FV5370 and FV5331

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■ Kitchen Foil

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■ Non-bio Laundry

Detergent

■ Laundry Bio Powder

■ Laundry Colourcare Gel

■ Fabric Conditioner –

all variants

■ Anti-bacterial

Action Cleaner

■ Anti-bacterial Multi

Surface Wipes

■ Daily Shower Shine

■ Toilet Cleaner

■ Washing Up Liquid

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Day Cream

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**COMFORT**

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**CUSHELLE**

■ Toilet Tissue

**JOSEF SEIBEL**

■ Footwear

**MORRISONS**

■ Dishwasher Gel

Capsules

■ Non-Bio Laundry  
Capsules

■ Non-Bio Laundry Gel

■ Non-Bio Laundry Liquid

■ Premium Washing Up  
Liquid

■ Pure Fabric Conditioner

**PLENTY**

■ Dura Cloth household  
towel

■ The Big One household  
towel

■ The Fat One household  
towel

■ The Original One  
household towel

**POLYPipe**

■ Polypipe underfloor  
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**WELEDA**

■ Evening Primrose

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**WICKED THE MUSICAL**

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**This exclusive offer** is open for stays between 1 September and 30 November 2015 – book your break **before 31 October** so you don't miss out.

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Flowers mid-April to May.

**PRODUCT CODE: 260319**

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model's own



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# Your beautiful home

Style for autumn



## Bespoke furniture from Jali

Looking for beautiful, practical furniture that makes the most of *all* your living space? Jali has the answer, from made-to-measure storage units, cupboards and bookcases, to decorative shutters, radiator cabinets and wardrobes.

You design Jali furniture online to meet your needs perfectly. It's then made to your exact measurements at our factory in Kent and delivered to your door in around two weeks.

Jali is the smart, sustainable way to get the quality, fit and finish of bespoke joinery – without the high price-tag! For more information, visit [www.jali.co.uk](http://www.jali.co.uk) or call 01227 833333.



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Nationwide offers a selection of frames, as well as a choice of either a glass or polycarbonate roof. Combine your Veranda with heating, lighting or even sliding glass doors so that no matter the season, you may relax in comfort come rain or shine. Each Veranda has a five year guarantee and is fitted by fully qualified Nationwide Veranda installers.

Nationwide is currently holding a Summer Sale, with discounts of up to 25%.

To request a free brochure visit [Nationwideltd.co.uk](http://Nationwideltd.co.uk) or call 0800 882 4052.



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The stylish Edinburgh sofa from Holloways is perfect for family life — both comfortable and practical! You can choose upholstery from a large range of Aqua Clean fabrics — an advanced fabric protection system that allows spills and stains to be cleaned off with just water, and does not affect colour or texture.

For more details about the Edinburgh sofa and Aqua Clean, and Holloways entire collection, telephone 01886 884665, visit [holloways.co.uk](http://holloways.co.uk), or send for their brochure of home, garden and garden room furniture to Holloways, Lower Court, Suckley, Worcester WR6 5DE. Holloways' showrooms and courtyards are open Monday to Saturday from 9am – 5pm and on Sundays from mid-March to August, 11am – 4pm.

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## Carpet Bags

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Glorious colours and patterns in the carpet choice combined with sturdy frames go to producing a selection of iconic framed bags ranging in size from the Lucy handbag through to large Gladstone style bags. All framed bags (and other styles) may be viewed and purchased through the website: [www.carpetbags.co.uk](http://www.carpetbags.co.uk)



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Visit [willowandhall.co.uk/ghk](http://willowandhall.co.uk/ghk) or call 0845 468 0577 and use code GHK23915 by 23 September 2015. Free delivery in around four weeks for most of the UK Mainland and 14-day free returns on all items, whatever your customisation.

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Strawberry Sorbet

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[www.farmstay.co.uk](http://www.farmstay.co.uk)



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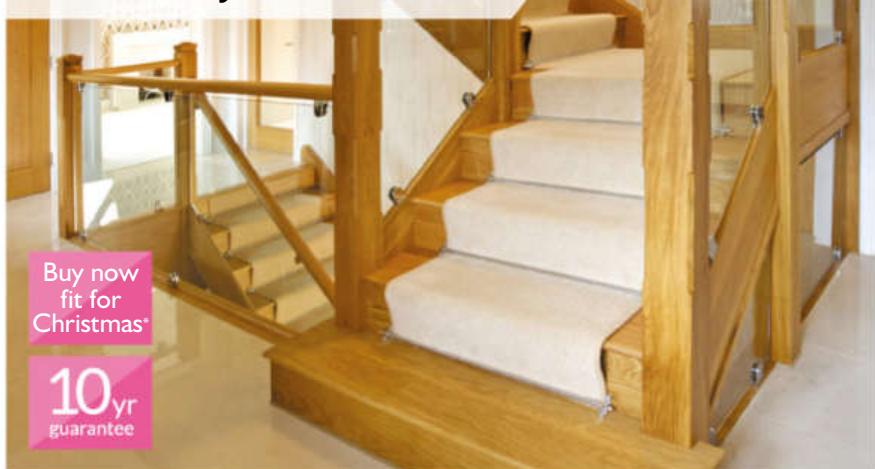
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# Liar, liar, that'll be my bra on fire

You can't believe anything you hear these days, says Sandi. Especially not surveys that claim we lie up to 200 times a day...

ILLUSTRATION CLARE MACKIE

**S**omeone told me the other day that women lie more than men and I can't say I was surprised. Okay, that's a lie. I was surprised, not because I thought it was the other way round but because I've never really given it a thought. Anyway, there's been a survey... there's always been a survey about something and this one tells us that 80% of women say they lie at least once a day. For men it was 40% who were happy to admit to being a regular untruth teller, leaving the other 60% saying, 'Sorry, my phone died and I didn't hear the question.'

Everyone tells lies. It's part of life. What woman in the world hasn't encouraged her child with the words, 'You can be whatever you want to be,' when their tone deaf singing at the school concert clearly leaves a career in the charts in question? Scientists with nothing better to do reckon we all lie, 10 to 200 times a day. You don't have to believe me. Check out a 2002 study by Robert Feldman of the University of Massachusetts, which seems honest about this and... actually, now I'm looking for lies, everything seems suspect. I've never even heard of Robert Feldman. Who is he to tell me anything? Two hundred times a day is a lot. If you're getting up near that figure I think you either need help or you work for a call centre.

Forget the figures. All people lie from time to time and I think we do it to make each other feel better or because life is complicated. If you're out to lunch and your friend asks what you think of her outfit, telling her that there is no excuse for how dreadful she looks unless she can claim to have dressed while fleeing a burning building is not kind. It's also not going to encourage her to pay for lunch.

I like to think of myself as honest. My top lies are usually an avoidance technique, such as when a waiter looks at my still-full plate at the end of a dinner and says, 'Was everything all right?' I always mean to tell the truth but instead mumble, 'I wasn't hungry' before going home and making toast. It's harmless

stuff and hardly reason enough to crank up a polygraph to see if my heart is racing.

The trouble with grander, more elaborate lying is that occasionally it works. The old adage that 'the truth will set you free' sounds nice but sadly I suspect many folks have found massive fibs actually help you gain money, fame and power. From the Trojan horse to US swindler Bernie Madoff, we can all be subjected to a successful con. I can't tell you how many Nigerian princes have asked for my help. History is full of lies. Feminists were made to look bad for years by a journalist simply making up the fact that in 1968 a group of women's rights protesters had burnt their bras. No such thing ever happened or could happen. I don't know if you've ever tried to inflame a brassiere but even at the height of friction during a Zumba class they cannot be made to ignite.

Some lies are so common that we've just got used to them. Who can honestly say they haven't broken up with someone using

the phrase, 'It's not you... it's me.'? How many times have we all ticked a box that says, 'I have read the terms and conditions' when we have no idea where even to look for them? Even our technology lies. Why does any company think that the words,

'Your call is important to us,' have any ring of truth? When my computer tells me, 'Windows is checking for a solution to the problem...' I just abandon all hope and go put the kettle on.

I suppose small lies are a sort of social lubricant. Most of us would rather do without, but they help keep the wheels of society spinning. As for the boy/girl ratio of lies to truth? I can tell you that anecdotally my son was always more honest than my two daughters put together. I remember calling through to my boy from the kitchen when he was about three. He was alone in the sitting room and I shouted, 'What are you doing, darling?' Back came the cheerful reply, 'Just putting jam on the sofa!' Hard to be cross really. □

How often have we all ticked a box saying, 'I've read the T&Cs'



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